



## Slow-Cooker Chunky Vegetable Soup



1/8th of recipe (about 1 1/4 cups): 88 calories, <0.5g total fat (0g sat fat), 664mg sodium, 19.5g carbs, 3.5g fiber, 8g sugars, 2.5g protein

**Green Plan [SmartPoints](#)® value 1\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 1\***

**Purple Plan [SmartPoints](#)® value 0\***

**Prep:** 10 minutes    **Cook:** 3 - 4 hours or 7 - 8 hours, plus 50 minutes



### Ingredients

4 cups vegetable broth  
Two 14.5-oz. cans stewed tomatoes (not drained)  
2 cups chopped kale  
10 oz. (about 3) small baby red potatoes, cubed  
1 cup chopped carrots  
1 cup chopped celery  
1 cup chopped onion  
2 tbsp. chopped garlic  
2 bay leaves  
1 1/2 tsp. dried thyme  
1/4 tsp. each salt and black pepper  
1 1/2 cups chopped zucchini

### Directions

Add all ingredients *except* zucchini to a slow cooker (at least 6-qt. capacity), and mix well. Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours, until veggies have softened.

If cooking at low heat, increase to high. Remove bay leaves, add zucchini, and mix well. Cover and cook for 45 - 50 minutes, until zucchini is tender.

MAKES 8 SERVINGS

**HG Tip:** If your slow cooker holds less than 6 qts., try halving this recipe.

**Another HG Tip:** Freeze leftovers in single servings! Divide soup into [microwave-safe containers](#). Once cool, cover and freeze. Reheat in the microwave or in a small nonstick pot.

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.