



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

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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.

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