



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

[Click for WW Points® value*](#)

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.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here](#).

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.