

Build Your Own Veggie Soup

Start with 1 qt. of a low sodium base:

- Veggie stock
- Beef stock
- Chicken stock

Pick a protein (16 oz.):

- Beans
- Chicken
- Shredded Beef
- Shrimp
- Lentils
- Tofu
- Ham
- Shredded Turkey
- Steak

Add 3+ veggies:

- Carrots
- Celery
- Zucchini
- Onions
- Tomatoes
- Spinach
- Kale
- Broccoli
- Peppers
- Potatoes
- Mushrooms
- Corn
- Cauliflower
- Peas
- Squash

Add a whole grain (2 cups):

- Brown Rice
- Wheat Pasta
- Egg Noodles
- Quinoa
- Bulgur Wheat
- Barley

Add some flavor, to taste:

- Garlic
- Basil
- Lemon Juice
- Parsley
- Italian Seasoning
- Cilantro
- Pepper
- Chives
- Thyme

Place all ingredients except grains in slow cooker & cook on low 6-8 hours. Add grains last 30 minutes.