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 in slow cooker & cook on low 8 hours.