

Slow-Cooker Vegetable Soup

Yield: 7 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-vegetable-soup-crock-pot-recipe>

Ingredients:

- 1 sweet onion large, chopped
- 3 stalks celery thinly sliced
- 2 red potatoes medium, cut into 1/2" cubes
- 4 cloves garlic minced
- 2 tablespoons canola oil
- 2 pounds vegetables frozen mixed soup, includes corn, carrots, peas, green beans, etc
- 32 ounces vegetable stock or broth
- 2 cups water
- 6 ounces tomato paste can of
- 2 tablespoons liquid amino Braggs, Acids
- 1 tablespoon red wine vinegar
- 2 bay leaves dried
- 1/4 teaspoon red pepper flakes optional
- 1/2 teaspoon salt more or less depending on your stock
- fresh ground black pepper

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 35 grams
3. Fat: 5 grams
4. Fiber: 8 grams
5. Protein: 7 grams
6. Sodium: 960 milligrams
7. Sugar: 7 grams

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