

SLOW COOKER AUTUMN VEGETABLE SOUP

INGREDIENTS

Serves 6-8

- 4 cups vegetable broth
- 4 cups tomato juice
- 1/4 cup apple cider vinegar
- 1 cup sliced carrots
- 1 cup sliced celery
- 1 red pepper -chopped
- 1 zucchini-chopped
- 2 bay leaves
- 1 sprig of rosemary (or 1/4 tsb dried)
- 1/4 tsp thyme
- 1/2 cup chopped onion
- 1 cup frozen corn
- 1 cup frozen peas
- 1 can (14 oz.) diced tomatoes
- 1 can (14 oz) great Northern white beans
- 2 cups swiss chard (add just prior to serving)
- 1 Cup fresh green beans (add just prior to serving)
- 1 tsp. salt
- 1/4 tsp pepper
- 2 cups uncooked rotini pasta (add during last 20-30 minutes prior to serving)

DIRECTIONS

- Add all of the ingredients except the uncooked pasta, swiss chard and fresh green beans to a 6 quart crock pot.
- Cover and cook on low heat for 8 hours or on high for 3.5 hours.
- With 20-30 minutes left in the cooking, turn the setting to high (if it's not already there) and add pasta, chard and green beans and stir. Cook until pasta is done.
- Feel free to add your favorite veggies. Potatoes (both russet and sweet potatoes) are a tasty Autumn additon.
- Delicious served with some homemade bread

