

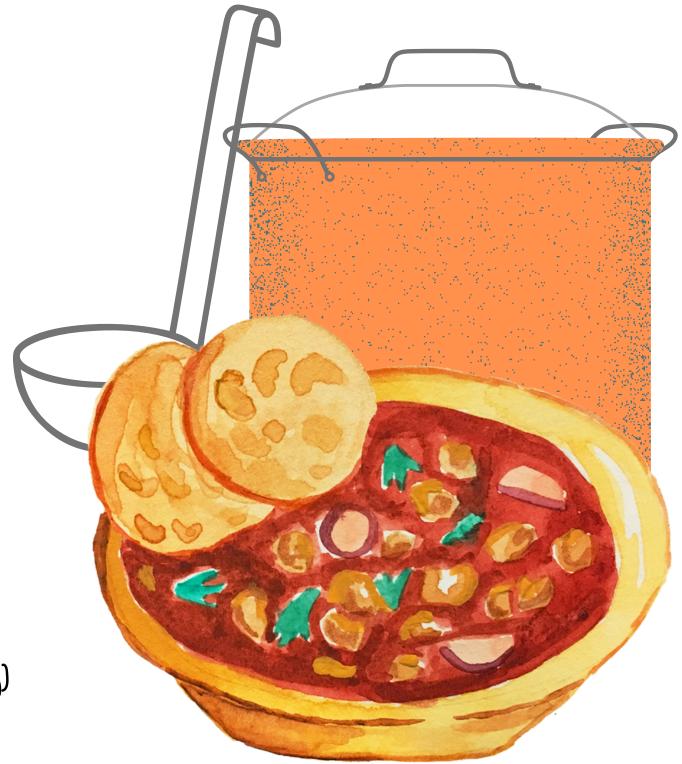
INGREDIENTS

Serves 6-8

- 4 cups vegetable broth
- 4 cups tomato juice
- 1/4 cup apple cider vinegar
- · I cup sliced carrots
- · I cup sliced celery
- I red pepper -chopped
- · I zucchini-chopped
- 2 bay leaves
- I sprig of rosemary (or 1/4 tsb dried)
- 1/4 tsp thyme
- 1/2 cup chopped onion
- I cup frozen corn
- I cup frozen peas
- I can (14 oz.) diced tomatoes
- I can (14 oz) great Northern white beans
- 2 cups swiss chard (add just prior to serving)
- I Cup fresh green beans (add just prior to serving)
- I 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.
 Potaces (both russet and sweet potatoes)
 are a tasty Autum additon.
- Delicious served with some homemade bread



MARK HUNSBERGER FROM PLANT-PLANT BASED RESOURCE ACADEMY

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