

Slow-Cooker Spring Vegetable Soup



Servings: 8

8 cups vegetable stock
1/2 cup green onions, sliced
4 garlic cloves, minced
1 leek, sliced
3 celery stalks, chopped
2 1/2 teaspoons salt
1/2 teaspoon black pepper
1/4 teaspoon red pepper flakes,
optional
1 can cannellini beans, drained and
rinsed
8 ounces sugar snap peas, trimmed
and cut in half
2 cups spinach, chopped
1 cup green peas

To the slow-cooker add vegetable stock, green onion, leek, celery, salt, pepper, and red pepper flakes if using.

Cover and cook on LOW for 4 hours or until the vegetables are tender.

Stir in cannellini beans, sugar snap peas, spinach, and green peas. Cover and cook on LOW for 30 minutes until the peas are tender.

Serve

Per Serving (excluding unknown items): 129 Calories; 1g Fat (4.0% calories from fat); 8g Protein; 24g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 1406mg Sodium; 5g Total Sugars; 0mcg Vitamin D; 83mg Calcium; 3mg Iron; 585mg Potassium; 150mg Phosphorus. Exchanges: .