

Slow-Cooker Spring Vegetable Soup

Makes 8 Servings



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
1 cup frozen green peas

To the slow-cooker add vegetable stock, green onions, 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