

BUILD YOUR OWN VEGGIE SOUP



Start with 1 quart of a low-sodium base

- Veggie stock
- Beef stock
- Chicken stock

Pick a protein (16 oz.)

- Beans
- Chicken
- Shredded Beef
- Shrimp
- Lentils
- Tofu
- Ham
- Shredded Turkey
- Steak

Add 3+ veggies

- Carrots
- Celery
- Zucchini
- Onions
- Tomatoes
- Spinach
- Kale
- Broccoli
- Peppers
- Potatoes
- Mushrooms
- Corn
- Cauliflower
- Peas
- Squash

Add a whole grain (2 cups)

- Brown Rice
- Wheat Pasta
- Egg Noodles
- Quinoa
- Bulgur Wheat
- Barley

Add some flavor, to taste

- Garlic
- Basil
- Lemon Juice
- Parsley
- Italian Seasoning
- Cilantro
- Pepper
- Chives
- Thyme

Place all ingredients except grains in slow cooker & cook on low 4-6 hours. Add grains last 30 minutes.

Find more recipes at HealthyFamilyProject.com