

Homemade Crock-Pot Vegetable Soup

Recipe provided by United Pride & Produce donor Jenna Bianco, who says she likes to add shredded chicken to the recipe.



Ingredients:

- 2 tablespoons olive oil
- 1 yellow onion, diced
- 4 carrots, peeled and sliced into rounds
- 3 celery ribs, sliced
- 4 cloves garlic, minced
- 1/4 cup chopped fresh parsley
- 28-ounces can diced tomatoes, undrained
- 3 cups diced potatoes, (I use up about 2 large Russet potatoes, peeled, and dice into 1/2-inch thick cubes)
- 2 cups frozen or fresh green beans, ends trimmed and chopped
- 2 tablespoons tomato paste
- 2 bay leaves
- 1 teaspoon smoked paprika
- 3/4 teaspoon salt
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon fresh ground pepper, or to taste
- 8 cups low-sodium vegetable broth
- 1 cup frozen or fresh corn kernels
- dill or parsley, finely chopped, for garnish
- fresh lemon juice, for serving

Directions:

- Heat olive oil in a large skillet over medium-high heat.
- Add onions, carrots, and celery; cook for 4 minutes.
- Stir in garlic and fresh parsley and cook for 30 seconds.
- Remove from heat and transfer to the pot of your 6-quart, or larger, slow cooker.
- To the slow cooker add diced tomatoes, potatoes, green beans, tomato paste, bay leaves, smoked paprika, salt, thyme, basil, oregano, pepper, and vegetable broth; gently stir until everything is well combined.
- Cover and cook on LOW for 6 hours, or on HIGH for 3 hours.
- Add corn the last 30 minutes of cooking.
- Ladle into bowls; garnish with fresh dill or parsley, plus a squeeze of fresh lemon juice.