




Vegetable Soup (Slow Cooker)

- Ingredients:**
- 2 cans (14.5 ounces each) chicken or vegetable broth
 - 1 can (18 ounces) crushed tomatoes, undrained
 - 1 can (14.5 ounces) sliced carrots
 - 1 green bell pepper, chopped
 - 1 onion, chopped
 - 2 cups shredded cabbage
 - 2 teaspoons Italian seasoning
 - 2 cups cooked rice



Shopping List:

- canned broth
- canned tomatoes
- canned carrots
- green bell pepper
- onion
- cabbage
- Italian seasoning
- rice

- Equipment:**
- cutting board
 - knife
 - can opener
 - mixing spoon
 - slow cooker
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Directions:

1. Mix all ingredients except rice in a slow cooker
2. Cover and cook on low for 6 hours or until vegetables are tender.
3. Stir in cooked rice and mix well.

This recipe takes 20 minutes plus 6 hours in slow cooker. Makes 6 servings at about \$0.75 per serving.
 Variation: You can use a bag of frozen onions and peppers instead of fresh.



- Nutrition Notes:**
- Slow Cooker Safety
1. Begin with a clean cooker, clean utensils and a clean work area. Wash hands before and during food preparation.
 2. Keep perishable foods refrigerated until preparation time. If you cut up meat and vegetables in advance, store them separately in the refrigerator. The slow cooker may take several hours to reach a safe, bacteria-killing temperature. Constant refrigeration assures that bacteria, which multiply rapidly at room temperature, won't get a "head start" during the first few hours of cooking.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 870mg	36%
Total Carbohydrate 33g	11%
Dietary Fiber 4g	17%
Sugars 5g	
Protein 5g	
Vitamin A 200%	• Vitamin C 60%
Calcium 8%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4