

Crockpot Vegetable Penne Soup

TIME: 4-6 HOURS SERVINGS: 6

INGREDIENTS

- 1 yellow onion, diced
- 4 cloves garlic, minced
- 1/2 lb. carrots, diced
- 1 28oz. can no salt added crushed tomatoes
- 2 stalks of celery, diced
- 1 large red bell pepper, seeded and diced
- 4-6 cups low sodium vegetable broth
- 1 6oz. can of tomato paste
- 3 cups cabbage, chopped
- 1 large sweet potato, peeled and diced
- 1 tbsp all-purpose seasoning
- 1/2 tsp pepper
- salt, to taste
- 1 cup whole wheat penne



Adapted from: budgetbytes



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PROCEDURE

1. Combine all ingredients, except for the pasta, into the crockpot.
2. Cook on high for 4-6 hours.
3. About an hour before the crockpot is finished cooking, add in pasta.
4. Taste the soup and adjust seasonings to your liking.

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