



INGREDIENTS

- 1 onion diced
- 2 stalks celery diced
- 4 carrots chopped
- 2 cups zucchini diced
- 1 cup green beans
- 1 cup chickpeas
- 1 cup dried lentils
- 1 3/4 pounds Tomatoes Diced (Canned, No Salt Added)
- 4 cups low sodium vegetable broth
- 1 teaspoon ground black pepper
- 1/2 teaspoon salt, to taste
- 1 teaspoon dried oregano
- 2 handfuls spinach
- 6 sprigs fresh parsley (to serve)
- 2 servings Low Sodium Grass-Fed Beef Bone Broth

NUTRITION INFORMATION PER SERVING	
Fruits 0.01 servings	Calories 261kcal
Vegetables 2.37 servings	Fiber 11g
Protein 19g	Sodium 470mg
Total Fat 3.89g	Saturated Fat 0.53g
Carbs 41g	Added Sugar 0g

Slow Cooker Minestrone Soup 2.0

BY A DASH OF MEGNUT

⌚ 10 MINS PREP | ⌚ 10 HRS COOK | 🍴 6 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Preheat crockpot. Add onions, celery, carrot, zucchini, chickpeas, lentils, vegetable broth, pepper, salt and oregano to the crock pot. Mix to combine.
2. Cover with a lid and cook on low for 10 hours.
3. With about 2 hours left, add in the spinach.
4. Continue to cook until lentils are tender. Serve with fresh parsley.

