

# Crock Pot Vegan Vegetable Soup

## Ingredients

6 cups cold water  
1 small onion, peeled and chopped  
1 stalk celery, chopped  
2 cloves garlic, peeled and minced  
3 fresh tomatoes, peeled and chopped  
2 large carrots, peeled and cut into 1-inch pieces  
3 medium potatoes, scrubbed and cubed  
1 cup fresh green beans, broken into 1-inch pieces  
1 cup fresh or frozen green peas  
1/2 teaspoon dried basil  
1/2 teaspoon dried parsley  
1/4 teaspoon dried oregano  
1/2 teaspoon sea salt  
1/8 teaspoon ground black pepper

## Method

Add ingredients to large crock pot in order given. Cover with lid and turn crock pot on High temperature. Do not remove lid for four hours. Serve in warm bowls with whole wheat garlic bread. Yields 8 servings.

## Note

Calories: 82, total fat: trace, cholesterol: 0mg, dietary fiber: 4g, protein: 3g, sodium: 7%, potassium: 15%, calcium: 4%, iron: 7%, vitamin C: 45%