SIMPLE & DELICIOUS
CROCKPOT
RECIPES

On those chilly fall and winter days, a hearty bowl of soup is the perfect meal to cozy up with in front of the roaring fireplace.  What's even better about soup is you can make just about any type of it in a crockpot with minimal effort.  Toss the ingredients in before you leave for work, cook on low throughout the day, and you'll come home to the most fantastic aroma filling your home and a delicious dinner waiting for you. Honestly, what's better than that!?

We have the soup staples that we cook on repeat, and undoubtedly a few family recipes passed down, as well.  Today, I wanted to provide you with a few of my straightforward, healthy and delicious crockpot soup recipes that get me through the cold months.  I hope you enjoy!

# SWEET POTATO CHILI

**Ingredients**

- 1 white onion, thinly sliced
- 2 cups veggie broth (add more if desired)
- 1 (6 oz) can tomato paste
- 2-3 cloves garlic minced
- 1 (15 oz) can fire roasted diced tomatoes
- 2 stalks celery, thinly diced
- 4 cups sweet potatoes, peeled and cubed
- 2 (15 oz) cans chickpeas, drained and rinsed
- 1 1/2 tbsp chili powder
- 1/2 tsp paprika
- 1/2 tsp freshly cracked black pepper
- 2 tsp cumin
- 1/3 tsp cayenne pepper

**Optional garnish**: cilantro, diced green onions, avocado

**Directions**

Combine all ingredients into crockpot, cook on low for 5-6 hours, or until sweet potatoes are tender and cooked through.

# BUTTERNUT SQUASH SOUP

**Ingredients**

- 1 white onion, diced
- 1 tbsp olive oil
- 3 cloves garlic, minced
- 6 cups veggie broth
- 1 tsp freshly cracked black pepper
- 8 cups butternut squash, cubed
- 3/4 cup unsweetened almond milk

**Garnish**: freshly chopped chives

**Directions**

Combine all ingredients, except almond milk, into crockpot, cover ingredients with veggie broth. Cook on low for 6 hours, or until butternut squash cubes are tender and cooked through. Stir in almond milk. Use immersion blender to blend ingredients in crockpot. Garnish with chives and serve.

# LENTIL SOUP

**Ingredients**

- 1 tsp olive oil
- 6-7 cups veggie broth
- 3 cloves garlic, minced
- 3 carrots, chopped
- 1 medium yellow onion, diced
- 3 celery stalks, chopped
- 2 cups baby spinach
- 1 sweet potato, peeled and diced
- 1 can fire roasted tomatoes, diced
- 2 cups lentils, rinsed
- 1 tsp black pepper
- 2 teaspoons fresh oregano

**Directions**

Combine all ingredients into crockpot, cook on low for 5-6 hours, or until potatoes are tender and lentils are cooked.  Add more broth if necessary.

# VEGGIE WILD RICE SOUP

**Ingredients**

- 2 cloves garlic, minced
- 1 large white onion, diced
- 1 cup chopped kale
- 6 cups veggie broth
- 1 cup carrots, diced
- 1 cup celery, diced
- 1/2 cup mushrooms, diced
- 1 Yukon potato, skinned and cubed
- 1 cup wild rice, dry
- 1 tsp dried thyme
- 1 bay leaf
- 1 tsp freshly cracked black pepper

**Directions**

Combine all ingredients into crockpot, cook on low for 5-6 hours, or until potatoes are tender and rice is cooked.  Add more broth if necessary.

# EGGPLANT STEW

**Ingredients**

- 1 tsp olive oil
- 3 cloves garlic, minced
- 1 red pepper, diced
- 2 carrots, sliced
- 1 yellow onion, diced
- 2-3 eggplants, cubed
- 6-8 basil leaves
- 1 tsp fresh black pepper
- 4-5 cups veggie broth

**Directions**

Combine all ingredients into crockpot, cook on low for 5-6 hours, or until veggies are tender.  Add more broth if necessary.

# CHICKPEA NOODLE SOUP

**Ingredients**

- 1 tbsp olive oil
- 4 cloves garlic, minced
- 2 white onions, chopped
- 4 celery stalks, sliced
- 4 carrots, sliced
- 1/2 cup mushrooms, chopped
- 1 cup chickpeas, drained
- 7 cups veggie broth
- 1 tsp black pepper
- 6 sprigs fresh thyme
- 6-8oz pasta of choice

**Directions**

Combine all ingredients into crockpot, cook on low for 5-6 hours, or until veggies are tender.  Add more broth if necessary.

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**Heidi Fannin**

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