

## Basic Formula for Slow Cooker Soup

Base: 4-6 cups of liquid

Protein: 1-2 cups raw or cooked protein

Veggies: 2-3 cups veggies

Seasonings: 1-2 tsp of dried herbs and spices, plus any sauces.

Carbs (optional): 1-2 Cups of Starch

Creaminess (optional): 1/2 - 1 cup of dairy or dairy alternative

Cook on high for 3-6 hours or low for 5-8 hours.

\*Add starches like pasta, rice, and any quick cooking veggies like spinach & peas in the last 30-60 minutes of cooking.

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### Chicken Noodle Soup

4-6 cups of chicken broth and or water

1-2 cups chopped or shredded chicken

2-3 cups of chopped onion, celery, and carrots

1-2 tsp of thyme, poultry seasoning, or bay leaf

1-2 cups egg noodles

### Creamy Potato Soup

4-6 cups of chicken broth and or water

1-2 cups bacon

2-3 cups of chopped potatoes and onion

1-2 tsp of garlic powder, paprika, and chives

1/2-1 cup milk or heavy cream

Optional: add shredded cheese

### Tuscan White Bean Soup

4-6 cups of chicken broth, veggie broth, and or water

1-2 cups cannellini beans

2-3 cups of chopped carrots, celery, onion, \*spinach or kale\*

1-2 tsp of minced garlic, rosemary, and thyme

1/2-1 cup heavy cream or parmesan cheese

\*add spinach or kale in last 30 minutes of cooking\*

### Beef Barley Soup

4-6 cups of beef broth and or water

1-2 cups ground beef or chopped beef

2-3 cups of chopped onion, carrots, and potatoes

1-2 tsp of oregano

1-2 cups barley

### Chicken Tortilla Soup

4-6 cups of chicken broth, water, and or tomato juice

1-2 cups shredded or chopped chicken

2-3 cups of corn, diced tomatoes, chopped onions & bell peppers

1-2 tsp of chili powder, cumin, garlic powder

1-2 cups black beans, pinto beans, or kidney beans

Optional toppings: add Tortilla strips, shredded cheese, sour cream, avocado, cilantro, lime wedges

### Minestrone

4-6 cups of chicken broth, tomato juice, and or water

1-2 cups kidney beans or garbanzo beans

2-3 cups of diced zucchini, carrots, celery, green beans, diced tomatoes

1-2 tsp of basil, oregano, bay leaf, garlic herb blend

1-2 cups small pasta or rice \*Add in last 30-60 minutes\*