


Crock-Pot Winter Soup

Recipe By *Chevy Slomovics and Raizy Janklowitz*



Cooking and Prep: 
4.5 h

Serves:  8

Contains: 

Preference: Parve

Difficulty: Easy

Occasion: Shabbat

Diet: Vegetarian, Gluten Free,
Low Fat, Low Carb, Sugar Free,
Pescetarian

Source: Relish by Binah
Magazine

Ingredients (11)

Main ingredients

- 5 medium zucchini, chopped
- 2 carrots, peeled and chopped
- 1 sweet potato, peeled and chopped
- 1 parsnip, peeled and chopped

- 1 medium onion, chopped
 - 1/2 cup brown rice pasta (elbows or shells)
 - 1 heaping tablespoon **Tuscanini Sea Salt**
 - 1 teaspoon garlic powder or 2 cubes **Gefen Frozen Garlic**
 - 1 teaspoon onion powder
 - 1/4 cup gluten-free tamari soy sauce
 - 1/4 cup agave syrup
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Start Cooking

For the soup

1. Place the chopped vegetables in the pot of a 7-quart Crock-pot. Add water to cover the vegetables, plus a little more. Add the pasta, salt, garlic powder, onion powder, soy sauce, and agave.
2. Turn the Crock-pot on to the highest setting for approximately 2 and 1/2 hours. (The soup will be bubbling up.) Reduce the heat to the medium setting and cook for another 1 and 1/2 hours.

Note:

Once the soup is finished cooking, you can reduce the heat and keep the Crock-pot on low all day until the soup is ready to be served.