

Crockpot Hearty Minestrone Soup

Recipe By Chanie Nayman



Cooking and Prep:  3
h 25 m

Serves:  8

Contains:  

Preference: Parve

Difficulty: Easy

Occasion: Sukkot

Diet: Low Fat, Vegan,
Vegetarian, Pescetarian

Source: Family Table by
Mishpacha Magazine

Simple, nourishing, and delicious, this is an adaptation of my grandmother's well-loved vegetable soup. It will soon be your favorite too. Add or subtract whatever you'd like, it's a very versatile recipe.

Ingredients (15)

Main ingredients

- 1 15-ounce (425 grams) can [Gefen Tomato Sauce](#)
- 5-6 cups water
- 1 15-ounce (425 grams) can white beans or [Gefen White Beans](#)
- 2 zucchinis, diced

- 3 carrots, diced
 - 1 onion, diced
 - 3 stalks celery, diced
 - 1 yellow pepper, chopped
 - 1/2 pound (225 grams) mushrooms, sliced
 - 1 plum tomato, chopped
 - 2 cloves garlic, minced, or 2 cubes Gefen Frozen Garlic
 - handful small noodles
 - 1 and 1/2 tablespoons salt
 - 1 teaspoon black pepper
 - 1 tablespoon onion soup mix
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Start Cooking

Prepare Soup

1. If making in a slow cooker, throw all the ingredients in at once and cook on low for eight hours.
2. If you're making in a large pot, sauté the onion until light brown, then add the rest of the ingredients.
3. Cook over low heat for two to three hours.

Note:

You know your crockpot best. Use your own judgment on how long to cook each recipe, because every slow cooker is different. If you don't have a crockpot, all of these recipes can be made in a regular pot, but I wouldn't recommend leaving the house while they're cooking.

Credits

Photography: Daniel Lailah

Styling: Amit Farber