

Tomato Pesto Crockpot Soup

Source: BH&G Crockery Cookbook

Adding the instant rice at the end of the cooking time is a great trick which will work with almost any crockpot soup or stew recipe. Try instant brown rice for a bit more nutrition.

- ❑ 1 onion, chopped
- ❑ 2 cloves garlic, minced
- ❑ 1 cup shredded carrot
- ❑ 3 stalks celery with leaves, chopped
- ❑ 1 14-oz. can diced tomatoes with seasoning, undrained
- ❑ 1 6-oz. can tomato paste
- ❑ 1/2 tsp. dried oregano leaves
- ❑ 1/4 tsp. dried thyme leaves
- ❑ 1/4 tsp. pepper
- ❑ 2 cups water
- ❑ 2 cups vegetable broth
- ❑ 1 cup instant rice
- ❑ 1/3 cup pesto
- ❑ 1/2 cup Parmesan cheese

Combine all ingredients except for rice, pesto, and cheese in a 3-4 quart crockpot and mix to blend. Cover and cook on low for 8-10 hours. Stir in instant rice, then cover and let stand 6-8 minutes until rice is tender. Stir in pesto and serve soup with Parmesan cheese.

6 servings
Calories: 240
Fat: 8 grams
Sodium: 880 mg
Vitamin C: 25% DV
Vitamin A: 30% DV

Ravioli Crockpot Stew

Source: Pillsbury's One dish Meals Cookbook

If you aren't a vegetarian, you can substitute chicken broth for the vegetable broth in this delicious crockpot stew. Refrigerated stuffed tortellini will also work beautifully.

- ❑ 2 cups sliced carrots
- ❑ 1 onion, chopped
- ❑ 2 14-oz. cans vegetable broth
- ❑ 2 14-oz. cans Italian style diced tomatoes
- ❑ 1 19-oz. can cannellini beans, rinsed and drained
- ❑ 2 tsp. dried basil leaves
- ❑ 1 9-oz. pkg. refrigerated cheese stuffed ravioli pasta

Combine all ingredients except ravioli pasta in 3-4 quart slow cooker. Cover crockpot and cook on low for 6 hours until carrots are tender. Increase heat to high and stir in ravioli. Cover crockpot and cook for 6-8 minutes until ravioli are tender.

4 servings
Calories: 210
Fat: 4 grams
Sodium: 750 mg
Vitamin A: 180% DV
Vitamin C: 20% DV
Iron: 28% DV

Greek Crockpot Stew

Source: Pillsbury's *Soups and Chilis*

Vary the vegetables in this meatless meal according to your family's tastes. If they don't like squash, use baking potatoes or increase the amount of carrots. Any type of canned bean or legume like cannellini beans or lima beans would work well in this recipe.

- ❑ 2 cups cubed butternut squash
- ❑ 2 cups chopped carrots
- ❑ 2 onions, chopped
- ❑ 1 cup sliced zucchini
- ❑ 2 14-oz. cans diced tomatoes, undrained
- ❑ 1 15-oz. can garbanzo beans, rinsed and drained
- ❑ 1 14-oz. can vegetable broth
- ❑ 2 cloves garlic, minced
- ❑ 1 tsp. cumin
- ❑ 1/2 tsp. allspice
- ❑ 1/4 tsp. pepper
- ❑ 4 cups hot cooked couscous
- ❑ 1/2 cup feta cheese

Combine all ingredients except for couscous in a 3-4 quart slow cooker and mix well to combine. Cover and cook on low for 7 to 9 hours or until all vegetables are tender. Serve with couscous and sprinkle with cheese.

6 servings
Calories: 420
Fat: 2 grams
Sodium: 700 mg
Vitamin A: 270% DV
Vitamin C: 40% DV

Vegetarian Slow Cooker Spaghetti Sauce

Source: Betty Crocker's Soup and Crock Pot Meals

This excellent and nutritious sauce combines beautifully with any type of pasta. Rotini or rotelle would be good to hold the sauce as you eat.

- ❑ 2 Tbsp. olive oil
- ❑ 1 chopped onion
- ❑ 2 carrots, chopped
- ❑ 2 cups sliced mushrooms
- ❑ 1 chopped green bell pepper
- ❑ 2 14-oz. cans diced tomatoes with seasonings, undrained
- ❑ 1 15-oz. can tomato sauce
- ❑ 1 6-oz. can tomato paste
- ❑ 2 tsp. sugar
- ❑ 1/2 tsp. salt
- ❑ 12 ounces spaghetti pasta, cooked and drained
- ❑ Parmesan cheese

Cook onions and carrots in oil in large nonstick skillet over medium heat. Stir and cook for 4-5 minutes until tender. Add mushrooms and bell pepper and stir. Place vegetables into bottom of 4-5 quart crockpot and add remaining ingredients except spaghetti pasta and cheese.

Cover crockpot and cook on low for 7-8 hours. Uncover, stir thoroughly, then leave cover off crockpot and turn heat to high. Cook, uncovered, for 1 more hour to thicken sauce.

Serve sauce with cooked spaghetti and Parmesan cheese.

6 servings
Calories: 150
Fat: 5 grams
Sodium: 1000 mg
Vitamin A: 54% DV
Vitamin C: 52% DV
Iron: 15% DV