

5 Meatless Soups

Quick & Easy Tortellini Soup

28 oz can of tomatoes

1 ½ cans of water

Bouillon – chicken, beef or vegetable

Dried basil, oregano, onion

1 - 1 ½ lb frozen veg – any will do

1 lb bag frozen tortellini

Place all ingredients EXCEPT the veg and tortellini in a large pot and simmer for a few minutes. Add frozen vegetable. Return to a boil and simmer a few minutes. Add tortellini. Simmer an additional 5 minutes.

Rio Chili Soup

1 onion, chopped

½ cup red or green bell pepper, diced

1 zucchini, diced

2 garlic cloves, minced

2 teaspoon chili powder

1 teaspoon cumin

½ teaspoon ground mustard

½ teaspoon oregano

Black pepper to taste

28 oz can tomato chunks or pureed

1 can water

Bouillon – beef or vegetable

1 jalapeno, diced – optional or a shot of hot sauce

1 can kidney beans (with liquid)

Corn – canned or frozen

¼ cup chopped black olives

Sauté onions, peppers, zucchini and garlic until softened. Stir in spices and cook an additional minute. Add all remaining ingredients. Simmer 15 minutes or longer for a richer taste.

Crockpot Cream of Potato Soup

5 potatoes, diced (don't need to peel)

1 onion, diced

2 carrots, chopped

1 celery rib, chopped

3 chicken bouillon cubes

4 cups water

1 tablespoon parsley flakes

1 teaspoon salt

2 tablespoons butter

1 can evaporated milk

Cornstarch

Place all ingredients except the milk and cornstarch in the crockpot. Cook 7-8 hours on low or 3-4 hours on high. In the last hour, pour in about half of the milk. Stir a couple of tablespoons of cornstarch into the remaining milk. When smooth, stir into the soup. Continue cooking for the remaining hour.

Crockpot Stuffed Pepper Soup

3 cups diced bell peppers

1 cup diced tomatoes, fresh or canned

1 teaspoon Italian seasoning (or basil and oregano)

1 can black beans, drained

15 oz can tomato sauce

2 cups water

2 tablespoons brown sugar

1/3 cup rice – brown or white

Place all ingredients EXCEPT for the rice in the crockpot. Cook on low for 8 hours. Add rice during the last hour.

Crockpot French Onion Soup

This is super easy to make but you do need to plan ahead. It is sooo worth it!

Find the recipe [HERE](#).