

SOUP DISHES

Crockpot Butternut Squash

Ingredients:

- * 1 medium yellow onion, chopped
- * 3 medium carrots, peeled, chopped
- * 1 medium butternut squash, peeled, seeded, cubed
- * 1 large apple, peeled, chopped
- * 2 x 14 oz cans vegetable broth, no salt added
- * ½ tsp ground cinnamon
- * ¼ tsp ground nutmeg
- * Pepper to taste



Directions:

Makes 6 servings.

Add onion, carrots, butternut squash and apple to the slow cooker. Pour vegetable broth over ingredients and cook on low for 6 hours or on high for 3.5 hours. When vegetables are cooked through, puree using hand blender or transfer to regular blender and puree in batches. When all pureed, return to slow cooker and add cinnamon, nutmeg and pepper to taste.

Nutrition Facts	Amount Per Serving		% Daily Values*		* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
Serving Size 1 Calories 92	Total Fat 0g	0%	Total Carbohydrate 23g	8%				
	Saturated Fat 0g	0%	Dietary Fiber 3g	12%	Calories	2,000	2,500	
	Trans Fat 0g		Sugars 7g		Less than	65g	80g	
	Cholesterol 0mg	0%	Protein 2g	4%	Less than	20g	25g	
	Sodium 241mg	10%			Less than	300mg	300mg	
	Vitamin C 48%				Less than	2400mg	2400mg	
					Less than	300g	375g	
					Less than	25g	30g	

Did you know? Butternut squash is low in fat and is an excellent source of vitamin C, which is important to protect cells inside the body!

Recipe adapted from: <http://www.twopeasandtheirpod.com/slow-cooker-butternut-squash-soup-with-maple-roasted-chickpeas/>

SOUP DISHES

Easy Crockpot Taco Soup



Ingredients:

- * 1 ½ lbs lean ground beef
- * ½ onion, chopped
- * 28 oz can diced tomatoes, no salt added, undrained
- * 15 oz can whole kernel corn, no salt added, undrained
- * 8 oz can tomato sauce, no salt added
- * 8 oz can black beans, no salt added
- * 1 cup water
- * 4 tbspc taco seasoning, low sodium
- * Pepper to taste

Directions:

Makes 8 servings.

In a large skillet, brown beef until crumbly. Drain fat into container using colander. Sauté onion in skillet until soft, add beef back to skillet, mix together and transfer to large crock pot. Add all other remaining ingredients into crock pot. Cook until boiling; on high for 1 hour or low for 4 hours.

Nutrition Facts

Serving Size 1
Calories 238

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 7g	11%	Total Carbohydrate 22g	7%
Saturated Fat 3g	15%	Dietary Fiber 3g	12%
Trans Fat 0g		Sugars 7g	
Cholesterol 47mg	16%	Protein 22g	44%
Sodium 625mg	26%		
Vitamin C 35%		Vitamin B12 30%	

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Topping options: Tortilla chips Low fat cheese Avocado slices Sour cream



Avocados are a great source of “healthy” fats that can lower bad cholesterol levels.

Recipe adapted from: <http://simpleasthatblog.com/2015/02/quick-and-easy-taco-soup-recipe.html>

SOUP DISHES

Crockpot Lentil Soup



Ingredients:

- * 1 cup dry lentils
- * 1 ½ cups carrots, chopped
- * 1 ½ cups celery, chopped
- * 1 ½ cups onions, chopped
- * 3 garlic cloves
- * 1 tsp dried basil
- * 1 tsp dried oregano
- * ½ tsp dried thyme
- * 1 tbsp dried parsley
- * 2 bay leaves
- * 3 ½ cups vegetable broth, no salt added
- * 1½ cups water
- * 14 oz can diced tomatoes, no salt added, undrained
- * Pepper to taste

Directions:

Makes 8 servings.

Rinse lentils, then place all ingredients, except pepper, into a 6 quart slow cooker. Cover and let cook on high for at least 5 hours. Remove bay leaves and season with pepper.

Nutrition Facts

Serving Size 1
Calories 132

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 0g	0%	Total Carbohydrate 24g	8%
Saturated Fat 0g	0%	Dietary Fiber 4g	16%
Trans Fat 0g		Sugars 6g	
Cholesterol 0mg	0%	Protein 8g	16%
Sodium 436mg	18%		
Vitamin C 24%	•	Folate 33%	

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Did you know? Lentils are the smallest of the bean family and pack amazing health benefits! They are low in fat, high in protein, easy to digest and are inexpensive.

Recipe adapted from: <http://www.food.com/recipe/lentil-veggie-soup-crock-pot-109607>

SOUP DISHES

Blender Sweet Potato Bisque



Ingredients:

- * 2 medium sweet potatoes
- * 1 tbsp olive oil
- * 1 medium onion, chopped
- * 1 clove garlic, chopped
- * 3 cups chicken broth, no salt added
- * 1 cup skim milk
- * ¼ tsp dried oregano
- * ¼ tsp ground cumin
- * 1/8 tsp ground black pepper

Directions:

Makes 6 servings.

Start by boiling sweet potatoes, then removing the skin and cutting into cubes. Next, cook onion and garlic in oil over medium heat until tender. Add onion, garlic, sweet potatoes, chicken broth, milk, oregano, cumin and pepper into blender. Secure lid and blend until smooth. Transfer to saucepan and heat until desired temperature is reached.

Nutrition Facts

Serving Size 1
Calories 94

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 3g	5%	Total Carbohydrate 14g	5%
Saturated Fat 1g	5%	Dietary Fiber 2g	8%
Trans Fat 0g		Sugars 6g	
Cholesterol 1mg	0%	Protein 3g	6%
Sodium 252mg	11%		
Vitamin C 13%	•	Calcium 7%	

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Did you know? Sweet potatoes are a great alternative to regular potatoes. They contain vitamin C and their orange color indicates they are high in carotenoids which is important for healthy vision!

Recipe adapted from: <http://www.blendtec.com/recipes/sweet-potato-bisque>