Kid-Friendly Crock Pot Vegetable Soup!

Prep Time: 10 mins
Cook Time: 6 hours (crock pot) or 1 hour (using a pot and stove)

I love using this recipe when I’m introducing students to simple and safe cooking techniques. Students can help with the preparation of the vegetables by using kid-friendly serrated nylon knives.

Ingredients:

- 1-1/2 cups chopped yellow onion (about 1/2 of a large onion)
- 2 carrots, sliced into medallions
- 2 stalks celery, sliced
- 3 medium tomatoes, diced (your choice of tomato)
- 1 lbs. white or Yukon Gold potatoes peeled and cubed (approx. 3 potatoes)
- 1 ear of corn, husked and cut off the cob (optional)
- 1/2 lbs. fresh green beans, break off the tips
- 1 small green or red sweet pepper
- 1 cup broccoli florets or peas
- 1 tablespoon fresh minced garlic
- 2 bay leaves
- 1/2 teaspoon fresh or dried oregano
- 1/2 teaspoon fresh or dried thyme
- 1 teaspoon salt (to taste)
- 1 teaspoon freshly ground black pepper (to taste)
- 1 (32-ounce) container vegetable broth

Instructions

Place all ingredients in your slow cooker insert. Stir well to combine. Cover and cook on low for 5-6 hours, or until potatoes are tender. Discard bay leaves before serving.

If you are using the stove, use a large pot. Over medium heat melt 1 T. butter and saute’ the onions, celery and carrots for 3-4 minutes. Add the garlic and saute’ for an additional minute. Add broth and all remaining ingredients. Bring to a boil. Reduce heat to low and cover. Cook until potatoes are tender-approximately 30-40 minutes. Serve in small solo cups so that everyone in the class can enjoy!