

## 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)  
½ 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!