

15 Bean Soup Slow Cooker

SERVINGS
8

PREP TIME
15 MIN

COOK TIME
6-8 HOURS

TOTAL TIME
8¼ HOURS

This soup brings together a colorful mix of vegetables, warm spices, and a hearty blend of beans. The slow cooker method requires no soaking but you can also make it on the stovetop, simmering for 2 - 3 hours with occasional stirring. Either way, you get a cozy, flavorful bowl that gets better as it cooks.



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Ingredients

Directions

1

- 1 Package 15-Bean Soup (or similar)

- Rinse beans and check for any debris to discard.
- Add to slow cooker.

2

- 1 Medium Onion
- 3-4 Celery Ribs
- 1 Bag Baby Carrots (16 oz)

- Dice the onion, celery, and carrots, then add to slow cooker.

3

- 2 tbsp Minced Garlic
- 1 Large Can Diced Tomatoes (28 oz)
- 2 Cartons Vegetable Broth (32 oz each)

- Add garlic, diced tomatoes, and vegetable broth to slow cooker.

4

- **Double check the seasoning packet included in the bean package to confirm it is plant-based.** The name brand version is labeled vegan on the spice packet inside the package. Many generic versions are also considered vegan even if not labeled, use your judgement. *IF YOU ARE UNABLE TO USE PACKET - SUBSTITUTE: 1 tsp Thyme, 1 tsp Oregano, and 1 Bay Leaf.*
- Add seasoning packet to slow cooker and stir well.

5

- Salt & Pepper

- Cover the slow cooker and cook on high for 6 - 8 hours. While the soup may be fully cooked at 6 hours, the extra time allows the flavors to deepen and the broth to thicken.
- Halfway through, taste the broth and season with salt and pepper as needed - IT IS LIKELY TO NEED BOTH.

6

OPTIONAL

- 1 Package Plant-Based Sausage

- Once the soup has finished cooking, turn off the slow cooker and let it cool for 15 minutes.
- If desired, dice plant-based sausage or crumble a package of ground plant-based sausage, then cook according to package instructions in a separate sauté pan. Let it get slightly crispy for the best flavor and texture.

TO SERVE

- Add sausage to each bowl of soup. Adjust seasoning with salt, pepper, or your favorite hot sauce.