

Slow Cooker 15-Bean Soup

SERVINGS
8

PREP TIME
15 MIN

COOK TIME
6-8 HOURS

TOTAL TIME
8¼ HOURS



This soup boasts a vibrant fusion of colorful vegetables, aromatic spices, & a rich medley of beans. While the slow-cooker method requires no soaking, you can also opt for stovetop cooking, simmering for 2-3 hours with frequent stirring. Whichever method you choose, a delicious meal is guaranteed!

ORGANIZING
a Plant Based Life.com

Ingredients

Directions

<p>1</p> <ul style="list-style-type: none"> • 1 Package 15-Bean Soup (or similar) 	<ul style="list-style-type: none"> ■ Rinse beans and inspect for any debris to discard. ■ Add to slow cooker.
<p>2</p> <ul style="list-style-type: none"> • 1 Medium Onion • 3-4 Celery Ribs • ¾ Bag Baby Carrots 	<ul style="list-style-type: none"> ■ Dice onions, celery & carrots and add to slow cooker.
<p>3</p> <ul style="list-style-type: none"> • 2 tbsp Minced Garlic • 1 Can Diced Tomatoes • 2 Cartons Vegetable Broth (32 oz each) 	<ul style="list-style-type: none"> ■ Add garlic, diced tomatoes and vegetable broth to slow cooker.
<p>4</p>	<p>Double check the seasoning packet included in the package to ensure it is plant based. The name brand version is not labeled vegan but widely considered vegan.</p> <ul style="list-style-type: none"> ■ Add packet to slow cooker and mix well. <p>IF YOU ARE UNABLE TO USE PACKET - SUBSTITUTE: 1 tsp Thyme, 1 tsp Oregano, and 1 Bay Leaf.</p>
<p>5</p> <ul style="list-style-type: none"> • Salt & Pepper 	<ul style="list-style-type: none"> ■ Cover slow cooker and set on high for 6 to 8 hours. <i>We recommend the longer time frame, even if fully cooked at 6 hours the flavors have more time to meld at 8 hours.</i> ■ About half way through check the seasoning of the broth and add salt and pepper as desired - IT IS LIKELY TO NEED A GENEROUS AMOUNT OF EACH.
<p>6</p> <ul style="list-style-type: none"> • 1 Package Plant Based Sausage 	<ul style="list-style-type: none"> ■ When fully cooked, turn off slow cooker and allow to cool for 15 minutes. ■ Dice plant based sausage and cook according to instructions in separate sauté pan. Get it slightly crispy for best results.
	<p>TO SERVE</p> <ul style="list-style-type: none"> ■ Combine soup and sausage in bowl. Season with salt & pepper or favorite hot sauce to taste.