

## Easy Chunky Vegetarian Soup Recipe

### Ingredients:

- Large crockpot
- 24 ounces vegetable medley- Broccoli, carrots, cauliflower, Etc.
- Other vegetables of your choice
  - *Example:*
  - 1 medium onion (about 5 ounces)
  - 1 medium zucchini (about 6 ounces)
  - 1 medium bell pepper (about 5 ounces)
  - 2 cups spinach (about 2 ounces)
  - Hot sauce
- 64 ounces low sodium vegetable stock
- 10 Ounces bag of microwavable brown rice

**Step 1:** Wash hands and veggies

**Step 2:** Microwave rice and dump in crockpot

**Step 3:** Transfer vegetables into crockpot

**Step 4:** Pour in vegetable stock (do this step last to make sure crockpot pot doesn't overflow)

**Step 5:** Throw in your favorite seasonings (I LOVE HOT SAUCE!)

**Step 6:** Cook on low for five hours

**Step 7:** Serve and enjoy!