



Crock Pot Vegetable Beef Soup

This is a great cold-weather weekday meal. We like to start it in the morning so that a hot meal awaits us at the end of the day. Feel free to substitute any of the vegetables or add other favorite vegetables. Either fresh or frozen vegetables work great in this recipe.

Ingredients:

- 2 lb. stew meat, cut into bite-size pieces
- 2 cups raw baby carrots
- 3 medium potatoes with skin, cut into bite-size pieces
- 1 cup celery, cut into bite-size pieces
- 1 onion, diced
- 1 10-oz box frozen mixed vegetables
- 1 10-oz box frozen green beans
- 1 10-oz canned diced low sodium tomatoes (ex: Del Monte)
- 2 cans *Campbell's Low Sodium OR Reduced Sodium Tomato Soup*
- 1 tsp. salt
- Dash of pepper
- 1 1/3 cup water
- 1 bay leaf

Directions:

Combine all ingredients in a crock pot. Cover and cook on low for 8 to 10 hours. Remove bay leaf prior to serving. **Serves 8 to 10.**

Nutrition Facts Per 1 Cup Serving:

Calories	300	Saturated Fat	3 gm	Carbohydrate	27 gm
Fat	8 gm	Sodium	135 mg	Fiber	4 gm

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