

Creamy Italian Crockpot Soup

Serving size: 1 c.

Serves: 11



2 (14 oz) cans diced tomatoes, divided
1-1/2 c. carrots, cut into bite-sized bits, divided
1 stalk celery, cut into chunks
1/4 c. onion, cut into big chunks
1 clove garlic
1/4 c. fresh herbs (mix of basil and oregano)
4 c. chicken broth
2 T. non-dairy margarine
1/4 c. flour
1 c. soy cream
1 can cannellini beans, drained and rinsed
3/4 c. Daiya mozzarella
Salt and pepper to taste



Add one can tomatoes, half the carrots, celery, onion, garlic, herbs, and chicken broth to a crockpot. Cook on low for 5 hours. After 5 hours, use a hand blender to puree the soup until no chunks remain.

In a skillet over medium-high heat, melt butter. Add flour and cook for about 5 minutes. Add cream and stir until the flour mixture breaks up into the liquid and becomes a thick sauce. Add 1 c. of soup from the crockpot, stirring until well-combined. Add another cup of soup from the crockpot if any doughy chunks remain. When everything has been combined and the sauce has thickened, add to the crockpot and stir. Add remaining tomatoes, carrots, cannellini beans, and mozzarella, then stir to combine. Cover and cook for an additional hour.

Serve.

Estimated calories: 143 cal/serving