

# Slow Cooker Spring Minestrone Soup

**Serves:** 6-8

**Total Time:** 6-8 Hours

## Ingredients

1 sweet onion, diced  
3 garlic cloves, minced  
3 carrots, peeled and sliced  
1 (28-oz) can diced tomatoes  
2 (15-oz) cans cannellini beans, drained and rinsed  
3 cups low-sodium vegetable stock  
3 cups water  
8-oz uncooked ditalini pasta  
12 thin asparagus spears, stems removed and cut into thirds  
1 cup sweet peas  
6-oz bag fresh spinach  
1/3 cup freshly grated romano or parmesan cheese  
salt and pepper to taste

## Directions:

If time, quickly brown the onions, garlic and carrots in a saute pan with a bit of olive oil. Sprinkle with salt and pepper.

Add diced onions, garlic, carrots, the whole can of diced tomatoes, cannellini beans, stock and water to your crockpot. Cook on low for 4-6 hours, stirring once or twice if you can.

About 10-15 minutes before serving, add in asparagus, spinach, peas and pasta. Cook on low for another 10-15 minutes then stir in grated cheese. Taste and season with additional salt and pepper as desired.

Serve immediately with additional cheese on top!