



Slow Cooker Dill Vegetable Soup

8 servings

4 hours

Ingredients

- 6 cups Organic Vegetable Broth
- 1 1/2 cups Dry Chickpeas (uncooked, rinsed)
- 2 Carrot (medium, peeled and diced)
- 4 stalks Celery (diced)
- 1 tsp Sea Salt
- 4 cups Kale Leaves (chopped)
- 1/4 cup Fresh Dill (stems removed, chopped)
- 2 cups Organic Coconut Milk (canned)
- 2 tbsps Apple Cider Vinegar
- 2 tbsps Nutritional Yeast

Nutrition

Amount per serving	
Calories	275
Fat	13g
Carbs	30g
Fiber	6g
Sugar	7g
Protein	10g
Cholesterol	0mg
Sodium	844mg
Vitamin A	3584IU
Vitamin C	14mg
Calcium	69mg
Iron	2mg

Directions

- 1 Pour the vegetable broth into the slow cooker and set to high while you prepare the remaining ingredients.
- 2 Add the chickpeas, carrot, celery and salt. Continue to cook on high for 4 hours, or set to low for 8 hours.
- 3 Stir in the kale, dill, coconut milk, apple cider vinegar and nutritional yeast. Adjust the salt as needed and cook for another 10 minutes.
- 4 Divide into bowls and enjoy!

Notes

Serving Size, One serving is equal to approximately 1.25 cups of soup.

More Carbs, Stir in cooked rice or quinoa before serving.

No Coconut Milk, Use almond milk, cashew milk, oat milk or cream instead.

No Chickpeas, Use white navy beans, red kidney beans, black beans, diced chicken or meatballs instead.

Storage, Refrigerate in an airtight container up to 5 days, or freeze if longer.