

Crock Pot Vegetarian Vegetable Soup

I love these days that are halfway between winter and spring.

I'm pretty sure by mid-afternoon I'm going to be suffocating in whatever I decided to wear because I was in fear of getting cold when I got dressed in the morning. Yeah, I think it's one of those days. Any day that starts with a gray sky is perfect for a crockpot soup. It means dinner will be fresh and filling, but you didn't have to turn the oven on in the late afternoon and warm up the whole house to 350 degrees.

You can definitely add variety to this soup depending on what vegetables you like. The cabbage adds some sweetness to the soup and depth to the flavor, so if you aren't a huge fan, then cut it down to 1/4 head of cabbage, but I wouldn't remove it completely. If you are a fan of gumbo, try adding some fresh or frozen okra halfway through cooking so it doesn't get too gooey by the end of the day.

If you prefer things with a little intensity, use spicy v8 instead and 1/2 t. of cayenne pepper for the whole pot or top your individual bowl off with a few shakes of Tabasco.

1/2 small head of cabbage, chopped
1/2 sweet onion
2-3 red potatoes, peeled and diced
1 bag frozen mixed vegetables
2 stalks celery, chopped
2 cans petite diced tomatoes, no salt added
1 c. V8 juice
1 c. water
salt, pepper
2-3 bay leaves

Put everything in the crockpot on low for 8-10 hours or on

high for 5-6 hours.

Remove bay leaves before serving.