

LAST-MINUTE SOUP

By Alison Mapes at BudgetingJoy

INGREDIENTS:

- **Liquids:** Water, Milk, Broth, or Stock
- **Spices:** Any dried or fresh herbs/seasonings you prefer!
- **Vegetables:** Whatever combination of fresh, frozen, or canned you have
- **Protein:** Feel free to get creative here! Not just chicken, beans or beef, try ham or hard-boiled eggs, tofu, shrimp, or even hot dogs! The key here is to precook anything that is raw.
- **Carb/Starch:** This category is completely optional and would include things like Potatoes, Rice, Pasta, Gnocci, etc...

Once you compile your ingredients, do any prep such as cooking the protein and chopping to the desired size and shape!

1. Add 1 Tbsp Olive Oil to your soup pot and head on medium heat.
2. Once Oil is hot, add fresh vegetables (minus any greens like spinach or green onions) to the pot with the seasonings. Cook until the hardest vegetable begins to soften, stirring occasionally.
3. Add frozen vegetables and greens, cooking until they are thawed and greens begin to wilt.
4. Add Canned vegetables, protein, and liquid. (If using rice, add in this step)
5. Stir together and bring to a boil. Turn down to a simmer and let cook for 30 minutes, stirring occasionally. If using a carb, other than rice, add after 15 minutes and let cook with the soup for 15 minutes. Serve and enjoy!

SLOW COOKER: Add all ingredients to the crockpot, give it a stir, and cover. Cook on Low 6-8 hours or High 2-4 hours.