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Slow-Cooker Spinach Tomato Vegetable Soup ♦

This slow-cooker spinach tomato vegetable soup is a delicious and healthy vegan recipe. It is packed with fresh vegetables and simmered to perfection in the slow cooker. The soup is a comforting and nutritious meal that is perfect for any time of the year.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 240 mins

Total Time: 255 mins

Recipe Yield: 1000 grams

Number of Servings: 6

Serving Size: 166 g

Ingredients

200 g	spinach
400 g	Tomatoes
200 g	Carrots
200 g	celery

150 g	onion
4 cloves	garlic
1000 ml	vegetable broth
2 tbsp	olive oil
1 tsp	Salt
1 tsp	Black pepper
1 tsp	Dried Thyme

Directions

Step 1

Cut

Chop the spinach, tomatoes, carrots, celery, onion, and garlic.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Sautéing

Heat the olive oil in a large skillet over medium heat. Add the chopped onion and garlic and sauté until fragrant.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Slow cooker

Transfer the sautéed onion and garlic to a slow cooker. Add the chopped vegetables, vegetable broth, salt, black pepper, and dried thyme. Stir well to combine.

Prep Time: 0 mins

Cook Time: 127 mins

Step 4

Slow cooker

Cover the slow cooker and cook on low heat for 4 hours or until the vegetables are tender.

Prep Time: 0 mins

Cook Time: 127 mins

Step 5

Serving

Serve the soup hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 4 g

Protein: 5 g

Carbohydrates: 18 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	18 g	32.73%	36%
Fibers	5 g	13.16%	20%
Sugars	7 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	120 iu	13.33%	17.14%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	600 mg	17.65%	23.08%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Summer Fall

Cuisines

Italian Indian French Mediterranean German American

Course

Soups Sauces & Dressings

Demographics

Allergy Friendly Heart Healthy

Diet

DASH Diet (Dietary Approaches to Stop Hypertension) Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet Atkins Diet Vegan Diet Raw Food Diet Pescatarian Diet

Meal Type

Lunch Supper

Difficulty Level

Medium

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