

SLOW COOKER Green Chile-Vegetable Soup

vegan (without cheese garnish) and gluten-free

8-10 servings

Switch the vegetables around to accommodate what you have or like in this vegetable soup. Be sure any purchased or canned ingredients are labeled "gluten-free," if needed. Need a vegan version? Just skip the cheese.

- 1/2 cup white wine or water
- 2-quarts vegetable stock, gluten-free
- 28-ounce can chopped tomatoes
- 1 tablespoon tomato paste
- 7-ounce can chopped chiles, undrained
- 3-4 drops hot sauce (I like Tabasco)
- 2 celery stalks, chopped
- 2 carrots, peeled and thinly sliced
- 1 sweet potato peeled, large dice
- 1 onion, chopped
- 1 *each* yellow squash and zucchini, chopped
- 2 garlic cloves, smashed and minced
- 1 parsnip, peeled, sliced thinly
- Handful of chopped fresh cilantro
- 1 cup corn, frozen or fresh
- 1 teaspoon *each* kosher salt and ground cumin
- 1/2 teaspoon each: fresh ground black pepper and chili powder (or to taste)
- 2 teaspoons dried oregano
- Tortilla chips (gluten-free) or grated cheese, if desired, for garnish

Add all ingredients to a 6-7-quart crock pot. Set on high and cook four hours or set on low and cook 7-8 hours. Taste and adjust seasonings, if necessary. Remove about 1/3 of the soup to a deep pot or large bowl and puree using an immersible blender (or in batches in the food processor or blender) and return blended portion to crock pot. Stir well. Serve hot as is or garnish with grated cheese or tortilla chips, if you like. If desired, serve over hot brown rice. Cool and refrigerate leftovers within two hours for up to three days in tightly-covered containers or freeze as long as 4-6 months.

