

Slow-Cooker Beef Vegetable Soup

Servings: 6

- 2 large soup bones, with meat
- 1 quart water
- 2 teaspoons dried thyme
- 2 teaspoons dried basil
- 1 large onion, coarsely chopped
- 1 cup carrots, peeled and cut into 1/2 inch slices
- 1 cup parsnips, peeled and cut into large pieces
- 1 cup turnips, peeled and cut into large pieces
- 1 cup sweet corn kernels (optional)
- Salt and freshly ground black pepper, to taste



Place the soup bones and onion in a 3-quart slow cooker; sprinkle with the thyme and basil and pour in the water. Cover and set the temperature to low and the time for 10 hours.

After 5 hours, add the carrots, parsnips, carrots and corn to the soup, re-cover and continue cooking until the 10 hours is up. Once the cooking is complete, remove the bones and meat. Chop the meat into bite-size pieces and return to the soup; taste and season with salt and pepper as needed, and serve.

Nutrition Facts

Nutrition (per serving): 332 calories, 15.3g total fat, 66.5mg cholesterol, 193.8mg sodium, 842.7mg potassium, 15.1g carbohydrates, 3.4g fiber, 4.7g sugar, 32.8g protein.