



HEALTHY VEGETARIAN CROCKPOT RECIPES WITH COOK NOURISH BLISS

Slow Cooker Butternut Squash and Quinoa Chili

Slow Cooker Thai Sweet Potato Soup

Crockpot French Onion Soup

Slow Cooker Vegetarian Tortilla Soup

Crockpot Vegetarian Chili with Farro

Produce

- red onion (1 medium) (1 small) (1)
- green pepper (1) (1) (1)
- orange pepper (1)
- butternut squash (2 lbs)
- green onions (topping)
- avocado (toppings)
- jalapeno (1)
- corn (3/4 C frozen)
- limes (topping)
- yellow onions (4 large) (1)
- garlic cloves (2) (3)
- ginger (1 inch)
- red peppers (2)
- carrots (2)
- sweet potato (1)
- baby bella mushrooms (8 oz)

Herbs

- cilantro (topping)
- bay leaf (1)

Spices

- chili powder (1 1/2 T) (1 t) (1 1/2 T)
- cumin (2 t) (1 t) (2 t)
- garlic powder (2 t) (1 t) (2 t)
- ground cinnamon (1/4 t)
- smoked paprika (3/4 t)
- cayenne (1/2 t)

Dairy

- shredded cheese (topping)
- plain yogurt/sour cream (topping)
- unsalted butter (6 T)
- gruyere cheese (topping)

Pasta & Grains & Beans

- quinoa (3/4 C uncooked)
- black beans (15 oz) (15 oz) (15 oz)
- kidney beans (15 oz) (15 oz)
- pinto beans (15 oz) (15 oz)
- red lentils (1 C uncooked)
- Farro (1 C)

Bread & Tortillas

- crusty bread (4-5 C)

Pantry Items

- diced fire roasted tomatoes, 14 oz (2) (1) (2)
- vegetable broth (3 C) (3 1/2 C) (8 C) (4 C) (3 C)
- chipotle peppers in adobo (1-3) (1-3)
- tortilla chips (topping)
- white hominy (15 oz)
- red curry paste (3 T)
- coconut sugar or brown sugar (1 T)
- full-fat coconut milk (14 oz)
- peanuts (optional topping)