

Crock-Pot Creamy Tomato Soup

Instructions:

1. Heat a large skillet over medium heat, then add the oil, celery, carrots and onions; cook 5 to 6 minutes, or until golden.
2. Add to slow cooker.
3. Pour the juice of the tomatoes into the slow cooker, then roughly crush the tomatoes with your hands; add to slow cooker.
4. Add chicken broth (or vegetable broth), the cheese rind (if using), thyme, basil and bay leaf.
5. Cover and cook on LOW for 6 hours, until the vegetables get soft and the flavors blend.
6. Remove the cheese rind and, using an immersion blender, blend the soup until smooth (or you can carefully do this in small batches in the blender).
7. Melt the butter over low heat in a large skillet and add the flour.
8. Stir constantly with a whisk for 4 to 5 minutes.
9. Slowly whisk in about 1 cup of the hot soup, then add the 1 3/4 cups of warmed milk and stir until smooth.
10. Pour back into the slow cooker and stir, then add the grated Pecorino cheese and adjust salt and pepper to taste.
11. Cover and cook on low 30 more minutes.

Ingredients:

- 1 tablespoon olive oil
- 1 cup finely diced celery
- 1 cup finely diced carrots
- 1 cup finely diced onions
- 28-ounce can whole plum tomatoes, with juice
- 1 teaspoon thyme
- 1/4 cup fresh basil
- 3 1/2 cups reduced sodium chicken broth (or vegetable broth)
- Parmesan or Romano cheese rind (optional)
- 1 bay leaf
- 2 tablespoons unsalted butter
- 2 tablespoons flour
- 1/3 cup grated Pecorino Romano cheese
- 1 3/4 cups reduced fat (2%) milk, warmed
- Salt and pepper to taste

Broccoli Cheese and Potato Soup

Instructions:

1. Chop onion, carrot, celery and garlic in a chopper or mini food processor
2. In a large soup pot, melt butter. Add chopped vegetables and sauté on low heat until soft, about 5 minutes.
3. Add flour, salt and pepper to the pot and stir until smooth.
4. Add chicken broth, milk and potatoes and set heat to high until it comes to a boil, then cover and cook on low until potatoes are soft, about 10-15 minutes.
5. Add broccoli florets, Parmesan cheese, and stir well. Adjust salt and pepper to taste. Cook uncovered until broccoli is cooked, about 5 minutes.
6. Add cheddar and American cheese, stir well and remove from heat.
7. Using an immersion blender, quickly blend part of the soup for a quick second or two. If you don't have an immersion blender, remove about 1-2 cups of potatoes and broccoli, place it in your chopper, then add it back to the soup. This helps thicken it a bit.

Ingredients:

- 1 small onion, chopped
- 1 medium carrot, chopped
- 1 celery stalk, chopped
- 2 cloves garlic, minced
- 1 tablespoon butter
- 2 tablespoons flour (AP, whole wheat or gluten-free)
- 2 1/2 cups reduced sodium chicken broth (or vegetable broth)
- 1 cup fat-free milk
- 2 medium potatoes, peeled and diced small
- 1/4 teaspoon kosher salt and fresh pepper
- 4 cups (about 2 heads) broccoli florets, chopped into small pieces
- 1 1/2 cups reduced-fat shredded sharp cheddar
- 2 slices 2% American cheese
- 1 tablespoon Parmesan cheese