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# Spicy Vegetable Soup (Slow Cooker)

*The Essential Southern Living Cookbook*

Servings: 8

Preparation Time: 10 minutes

Start to Finish Time: 6 hours

**1 package (16 ounce) frozen whole kernel corn, thawed**

**1 package (10 ounce) frozen sliced okra, thawed**

**1 package (10 ounce) frozen baby lima beans**

**1 medium onion, diced**

**2 cloves garlic, minced**

**2 cans (5-1/2 ounce ea) no-salt-added vegetable juice**

**2 cans (14-1/2 ounce ea) Cajun-style stewed tomatoes**

**1 cup water**

**3 tablespoons vegetable broth concentrate**

**1 teaspoon hot sauce**

**1 teaspoon low-sodium Worcestershire sauce**

In a five-quart slow cooker, combine all of the ingredients.

Cover. Cook on HIGH for five to six hours.

## **Soup, Stew and Chili**

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*Per Serving (excluding unknown items): 60 Calories; trace Fat (3.9% calories from fat); 3g Protein; 13g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 96mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable.*