

Delicious Slow Cooker Soup Recipes

Cozy Chicken and Corn Chowder

Serves: 8

Preparation time: 15 minutes

Cooking time: 7-8 hours on LOW or 3-4 hours on HIGH

Ingredients:

- 1 pound boneless skinless chicken thighs, cut into 1-inch pieces
- 2 large red potatoes, diced
- 1 onion, diced
- 3 carrots, peeled and diced
- 2 stalks celery, diced
- 2 cups corn kernels
- 2 cups chicken broth
- 2 cups milk
- 3 cloves garlic, minced
- ½ teaspoon dried thyme
- ½ teaspoon dried oregano
- Pinch of cayenne pepper
- 1 bay leaf
- Salt and pepper
- ½ cup half and half
- 2 tablespoons cornstarch
- 2 tablespoons unsalted butter
- 5 slices bacon, cooked and diced
- 2 tablespoons chopped fresh chives

Directions:

1. Arrange the chicken, potatoes, onion, carrots, celery, corn, chicken broth, milk, garlic, and bay leaf in the slow cooker. Season with thyme, oregano, and cayenne pepper.
2. Cover and cook for 7-8 hours on LOW or for 3-4 hours on HIGH.
3. Whisk the cornstarch and half and half together in a bowl.
4. Thirty minutes before cooking is complete, stir in the half and half mixture. Add butter.
5. Cook 10 to 15 minutes more or until the soup is thick and creamy.
6. Serve garnished with bacon and chives.

Nutrition (per serving):

Calories 293
Fat 13 g
Carbs 26 g
Protein 19 g
Sodium 125 mg

Bacon and Potato Soup

Serves: 8

Preparation time: 15 minutes

Cooking time: 8-9 hours on LOW

Ingredients:

- ½ cup bacon, pre-cooked crisp, crumbled (about 8 strips)
- 2 teaspoons bacon drippings
- 1 large onion, chopped
- 3 pounds potatoes, peeled, cut into ¼-inch slices
- Non-stick cooking spray
- ½ cup water
- 2 4 ½-ounce cans chicken broth, fat-free, lower-sodium
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 2 cups low-fat milk
- ¾ cup cheddar cheese, shredded
- ½ cup light sour cream
- 4 teaspoons fresh chives, chopped

Directions:

1. Heat the bacon drippings in a skillet over medium heat, and stir-fry the onions until tender.
2. Coat a slow cooker with non-stick spray.
3. Place the potato slices in slow cooker. Scrape in the sautéed onion and drippings as well.
4. Stir in the water, broth, salt, and pepper.
5. Cover and cook for 8 hours on LOW or until the potatoes are tender.
6. Mash potatoes. Stir in milk and cheese.
7. Set slow cooker to HIGH and cook about 20 minutes longer or until heated through.
8. Serve with sour cream, sprinkled with bacon and chives. Sprinkle more cheese, if desired.

Nutrition (per serving):

Calories 259

Fat 6 g

Carbs 38 g

Protein 13 g

Sodium 683 mg

Shrimp Bisque

Serves: 6

Preparation time: 10 minutes

Cooking time: 3 hours on HIGH

Ingredients:

- 3 tablespoons butter
- 2 medium leeks, chopped
- 3 cloves garlic, minced
- $\frac{1}{3}$ cup tomato paste
- 1 14-ounce can petite diced tomatoes
- $\frac{1}{4}$ cup dry sherry
- $1\frac{1}{2}$ cups corn kernels
- 2 teaspoons Old Bay seasoning (or use Creole seasoning)
- 2 teaspoons salt
- 1 teaspoon pepper
- 4 cups seafood stock
- $\frac{1}{4}$ cup all-purpose flour
- 1 pound shrimp, peeled and deveined, chopped
- 1 cup heavy cream

Directions:

1. Melt butter in a skillet over medium heat. Sauté the onions and leeks until tender. Add seafood stock and sherry to deglaze, bringing to a boil. Transfer mixture to a slow cooker, including any brown bits.
2. Place the garlic, tomato paste, tomatoes, sherry, corn, Old Bay or Creole seasoning, salt and pepper in the slow cooker.
3. Whisk a small amount of the seafood stock into the flour until smooth. Add to the slow cooker together with the rest of the fish stock, and mix well.
4. Cook in your slow cooker for 4 hours on LOW or for 2 hours on HIGH.
5. If desired, thirty minutes before cooking is complete, puree with an immersion blender for a smoother texture. (A regular blender may also be used. Puree in small batches to prevent spillage. Be careful, liquid is hot! Remove lid insert to allow steam to escape.)
6. Stir in the shrimp and cream.
7. Continue heating 30 minutes more or until shrimp is pink in color.

Nutrition (per serving):

Calories 302

Fat 19 g

Carbs 10 g

Protein 14 g

Sodium 1,683 mg

Tomato Soup with Basil

Serves: 6

Preparation time: 15 minutes

Cooking time: 6-7 hours on LOW or 5 hours on HIGH

Ingredients:

- 3 large carrots, peeled and chopped
- 2 celery stalks, diced
- 2 medium onions, chopped
- 4 whole cloves garlic, peeled
- 4 28-ounce cans whole peeled tomatoes
- 1 quart chicken broth, low sodium
- ½ cup fresh basil leaves, roughly chopped
- Salt and pepper to taste
- Cream and Parmesan cheese (optional)

Directions:

1. Combine the carrots, celery, onions, garlic, tomatoes, chicken broth, and basil in the slow cooker.
2. Cover and cook for 6-7 hours on LOW or for 5 hours on HIGH. The tomatoes should be soft and easy to puree.
3. Use an immersion blender to puree.
4. If using cream, blend it in now. Season to taste with salt and pepper.
5. Serve garnished with grated Parmesan and more basil leaves, if desired.

Nutrition (per serving):

Calories 130

Fat 1 g

Carbs 28 g

Protein 4 g

Sodium 470 mg

Traditional Vegetable Beef Soup

Serves: 8

Preparation time: 15 minutes

Cooking time: 8-10 hours on LOW, 4-5 hours on HIGH

Ingredients:

- 1 pound beef stew meat, cut into 1-inch cubes
- 1 24-ounce package frozen mixed vegetables, thawed
- 4 cup red potatoes, diced
- 1 large onion, diced
- 1 15-ounce can diced tomatoes, undrained
- 1 15-ounce can Great Northern beans, drained
- 1 32-ounce carton beef broth
- Salt and pepper
- 1 teaspoon garlic, minced
- 2 bay leaves
- 1 tablespoon vegetable oil

Directions:

1. Pat the beef cubes dry with paper towels. Season with salt and pepper.
2. Put olive oil in a skillet and sear the coated beef over medium heat. Brown evenly and transfer to a slow cooker.
3. Add the frozen vegetables, potatoes, onion, tomato, beans, broth, salt, pepper, garlic, and bay leaves. Stir and cover.
4. Cook for 8-10 hours on LOW or for 4-5 hours on HIGH. The stew is ready when the beef and potatoes are tender.
5. Remove the bay leaves and serve.

Nutrition (per serving):

Calories 262

Fat 5 g

Carbs 25 g

Protein 28 g

Sodium 290 mg

***These recipes and more can be found in Louise Davidson's *Slow Cooker Soup Cookbook: Easy Crock Pot Soup Meal Recipes*. To get a copy of the cookbook, click on the cover below or [here](#).

