- 4 cups low sodium vegetable stock
- 2 cups water
- 2 (14.5 oz) cans diced tomatoes
- 1 cup diced celery (3 stalks)
- 1 cup diced carrots (2 carrots)
- 1 cup diced yellow onion (1 small)
- 2 Tbsp chopped fresh parsley (or 2 tsp dried)
- 2 tsp dried basil
- 1 tsp dried oregano
- 3/4 tsp dried rosemary , crushed
- 1/2 tsp dried thyme
- 2 bay leaves
- 1/2 tsp sugar
- Salt and freshly ground black pepper , to taste
- 1 1/3 cups diced zucchini (1 small)
- 1 1/3 cups shell pasta

- 4 cloves garlic , minced
- 1 (15 oz) can dark red kidney beans, drained and rinsed
- 1 (15 oz) can white navy beans or cannellini beans, drained and rinsed
- 1 (14.5 oz) can Italian green beans, drained
- 2 cups packed chopped fresh spinach

Instructions

1. Add vegetable stock, water, tomatoes, celery, carrots, onion, parsley, basil, oregano, thyme, rosemary, bay leaves and sugar to a 6 or 7-quart slow cooker. Season with salt and pepper to taste and cook on low heat 6 - 8 hours or high 3 - 4 hours.
2. Add in zucchini, pasta, garlic, kidney beans and white beans and cook on high heat and additional 30 - 40 minutes until pasta is tender. Stir in spinach and Italian green beans and cook several minutes until heated through. Stir in more vegetable broth or water to thin if desired. Serve warm topped with Romano cheese.
3. Recipe Source: Cooking Classy

Recipe Notes

This can also be made on the stove top - heat 2 Tbsp olive oil in a large pot over medium-high heat, add carrots, celery and onions and saute 4 minutes adding in garlic during last minute of sauting. Pour in broth, water and canned tomatoes. Add herbs, sugar and season with salt and pepper to taste. Bring to a boil, cover and and reduce heat slightly, allow to gently boil 10 minutes, then add zucchini and pasta, cover and gently boil 15 minutes longer, or until pasta is tender. Then add canned beans (green and legumes) and spinach and cook 2 - 3 more minutes.

Nutrition

- Serving Size: **8**
- Calories: **241**
- Sugar: **13g**
- Fat: **12g**
- Carbohydrates: **32g**
- Fiber: **4g**
- Protein: **5g**
- Cholesterol: **0mg**

Instructions

1. **Spray the inside of your slow cooker with oil thoroughly. This step is very important!**
2. **Add all ingredients to the slow cooker – oats, coconut milk, water, apples, brown sugar, coconut oil, cinnamon, and sea salt. Stir to combine well.**
3. **Cook on low for 5-7 hours depending on your cooker. Some take longer and some are faster. We recommend trying a test run during the day to see how long your slow cooker takes before trying overnight.**
4. **Serve and allow to cool. If desired, add toppings of your choice.**

Ingredients

- **1 cup steel cut oats**
- **1 1/2 cups coconut milk**
- **1 1/2 cups water**
- **2 apples (cored, peeled, diced)**
- **2 tablespoons brown sugar**
- **1 tablespoon coconut oil**
- **1 teaspoon cinnamon**
- **1/4 teaspoon sea salt**

Optional for Topping

- **Additional cinnamon or brown sugar**
- **Chopped nuts such as almonds, walnuts, pecans, etc.**
- **Fruit such as banana slices, fresh apple, or berries**
- Be sure to use STEEL CUT OATS. These are heartier and take longer to cook so they are better for slow cooking. Experiment

with different flavors and fruits.

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