

Slow Cooker Vegetable and Buckwheat Soup



Soups are an excellent way to add vegetables and fibre to your diet. This recipe, developed by a registered dietitian, is easy to prepare, comforting and full of flavour. For a complete meal, serve it with a source of protein, such as our [Mediterranean Roast Chicken](#) or our [Crispy Tofu Sticks](#).

Preparation 15 min

Cooking 30 min

Servings 6

Nutrition Facts (per serving)

Calories 170

Fat 4

Carbohydrates 27

Fibre 5

Protein 6

Sodium 375

Ingredients

- 4 to 5 medium carrots, diced
- 1 yellow or red onion, chopped
- 1 medium zucchini, diced
- 2 cloves garlic (10 ml / 2 tsp), finely chopped
- 1.5 L (6 cups) low-sodium vegetable or chicken broth

- 1 can (796 ml / 28 oz) diced tomatoes
- 30 ml (2 tbsp) store-bought pesto
- 1 bay leaf
- Pepper and salt, to taste

Preparation

1. In the slow cooker insert, combine all the ingredients. Stir gently.
2. Cover and cook on high for 4 hours or on low for 6 hours, until the vegetables are tender and the buckwheat is fully cooked.
3. Once cooked, taste and adjust the seasoning if necessary. Remove the bay leaf.

Notes

Keeps for 5 to 7 days in an airtight container in the refrigerator or up to 3 months in the freezer.

Note: To save time, you can replace the fresh vegetables with a bag of store-bought frozen soup vegetables—no need to thaw them beforehand. This recipe also works well on the stovetop.



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