

## 15 Insanely Delicious Soups You Can Make in a Crockpot

Free printable recipes and grocery list below

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# 1. Zuppa Toscana with Sweet Potatoes

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

## Ingredients

- 1 pound ground spicy sausage
- 3 sweet potatoes (about 1 ½ pounds), washed and sliced (no need to peel)
- 1 bunch of kale, washed and chopped
- 1.5 teaspoons fennel seeds
- 1.5 teaspoons paprika
- 1 teaspoon black pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 64oz chicken broth (8 cups) (not needed until day of cooking)
- 1 cup heavy cream (or half and half) (not needed until day of cooking)

## Materials

- 1 gallon-sized plastic freezer bag

## To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Add ingredients except chicken broth and heavy cream to your freezer bag. You can freeze the cream in a separate bag or wait to buy it until you’re ready to cook the soup.
3. Remove as much air as possible, seal, and freeze.

## To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot and add chicken broth.
3. Cook for 8 hours on “low” setting or until sausage is cooked through.
4. Break apart sausage and add heavy cream.
5. Stir to heat through.

Serve with fresh bread.

## 2. Garden Vegetable Soup with Pesto (Panera Copycat)

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 2 cans of diced tomatoes (14.5oz each), undrained
- 1 small zucchini, diced
- 1/2lb fresh green beans, ends cut off and chopped
- 2.5oz fresh baby spinach (about 3 big handfuls)
- 1 small yellow onion, peeled and diced (1 cup)
- 1 small red bell pepper, diced
- 1/4-1/2 cup pearled barley (not quick cooking)
- 4 cloves garlic, minced
- 1 tablespoon brown sugar
- 2 tablespoons Italian seasonings
- 1 bay leaf
- 4 cups vegetable broth (not needed until day of cooking)
- 6 tablespoons pesto (store-bought or homemade) (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date (3 months from when you prepped the meal).
2. Add all ingredients except broth and pesto to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Add contents of freezer bag to crockpot and add broth.
3. Cook on “low” setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
4. Remove bay leaf.

Top with pesto and serve with fresh bread.

### 3. Hamburger Vegetable Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

#### Ingredients

- 1/2 of 16oz bag of frozen yellow corn (about 1 and 2/3 cups)
- 16oz bag of frozen peas and carrots
- 15oz can of petite diced tomatoes, undrained
- 1 small onion, diced (about one cup)
- 2 teaspoons dried thyme
- 1 teaspoon dried rosemary
- 1 bay leaf
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound ground beef
- 4 cups beef broth (not needed until day of cooking)

#### Materials

- 1 gallon-sized plastic freezer bag

#### To Freeze and Cook Later

1. Label your freezer bag.
2. Add all ingredients to your freezer bag (except beef broth).
3. Seal and freeze for up to three months.

#### To Cook

1. Thaw overnight in fridge or in morning in water.
2. Add to crockpot with beef broth.
3. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
4. Break apart ground beef and stir.

Serve with garlic bread.

## 4. Chicken Soup with Mexican Seasonings

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 1 pound carrots, peeled and diced
- 1 small yellow onion, diced (one cup)
- 2 large cloves of garlic, minced
- 2 Roma tomatoes, chopped
- 1 cup tomato juice (If you buy a big can/bottle, freeze the extra in ice cubes trays for future soups and chilis)
- 1 teaspoon cumin
- 1 teaspoon fennel seeds
- 1 teaspoon chili powder
- 1 teaspoon salt
- Juice from 1 lime (about 1/4 cup)
- 1 pound boneless skinless chicken breasts
- 32oz chicken broth (4 cups) (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients except broth to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot and add broth.
3. Cook on low setting for 4 hours in a 6-quart crockpot or 8 hours in a 4-quart crockpot.
4. Shred chicken with a fork.

Top with shredded cheddar cheese and crushed tortilla chips.

## 5. Beef Barley Stew

Recipe modified from [Live Simply](#) and shared in this [post](#)

Yields: 6 servings

### Ingredients

- 2-pound boneless beef chuck roast, fat trimmed and cut into bite-sized pieces
- 1/2 pound carrots (about 4 large carrots), peeled and chopped
- 2 celery ribs, chopped
- 1 small onion, diced (about one cup)
- 2 teaspoons dried thyme
- 1 teaspoon dried rosemary
- 1 bay leaf
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup pearly barley
- 8 cups beef broth (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients except broth to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot and add broth.
3. Cook on low setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Remove bay leaf.

Serve with fresh bread.

## 6. Meatball Vegetable Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 1 pound small meatballs (store bought or [homemade](#))
- 24oz jar of pasta sauce (about 2.5 cups) (we like Prego Traditional)
- 1 pound carrots, peeled and chopped
- 1/2 pound fresh green beans, ends cut off and cut into bite-sized pieces (about 2 cups)
- 1 small zucchini, ends cut off and cut into bite-sized pieces
- 1 small yellow onion, diced (1 cup)
- 4 cups chicken broth (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients except broth to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot and add broth.
3. Cook on low setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.

Serve with garlic bread.

## 7. Crockpot Greens & Beans

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 8oz dried cannellini beans, rinsed
- 1 tablespoon extra-virgin olive oil
- 5 cloves of garlic, minced
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- Pinch of sugar (literally pinch the sugar...it will be just enough to take away any bitterness from the garlic)
- 1 head of escarole, chopped
- 1 hearty handful of kale, chopped
- 32oz (4 cups) chicken or vegetable broth (not needed until day of cooking)
- 64oz (8 cups) water (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients to your freezer bag except broth and water.
3. Remove as much air as possible, seal, and freeze.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot and add broth and water.
3. Cook on “low” setting for 8 hours or until beans are tender.

Top with parmesan cheese and serve with a loaf of crusty bread.

## 8. Sausage Spinach Tomato Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 1 lb ground sweet or spicy Italian sausage (We prefer spicy. Note: If you can only find sausage links, remove the casing before cooking.)
- 24 oz jar of pasta sauce (we like Prego Traditional)
- 15oz can cannellini beans, drained and rinsed
- 1 box of frozen chopped spinach
- 1/2 pound of carrots (about 4 large carrots), peeled and chopped into bite-sized pieces
- 1 small yellow onion, diced (about one cup)
- 4 cups of chicken broth (not needed until day of cooking)
- 1 cup uncooked pasta (I like to use elbow macaroni or ditalini) (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients to your freezer bag except broth and pasta.
3. Remove as much air as possible, seal, and freeze.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot and add broth.
3. Cook on “low” setting for 6-8 hours or until sausage is cooked through.
4. Add pasta, turn heat to “high”, and cook for an additional 15 minutes.
5. Break apart sausage.

Serve with garlic bread.

## 9. Ham and Pinto Bean Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 1 pound dried pinto beans
- 1 ½ pound bone-in ham shank
- ¾ cup ketchup
- 8 cups water (not needed until day of cooking)
- Salt, to taste (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients to your freezer bag except water and salt.
3. Remove as much air as possible, seal, and freeze.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot and add water.
3. Cook on “low” setting for 8 hours.
4. Remove ham, shred off bone, and return shredded meat to slow cooker.
5. Add salt to taste (the amount of salt needed depends on the cut of ham. The last time I made this, I added ½ teaspoon.)

Serve with crackers or bread.

## 10. Simple Lasagna Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 24oz jar of pasta sauce (we like Prego Traditional)
- 15oz can cannellini beans, drained and rinsed
- 2.5oz fresh baby spinach (about 3 cups) - this looks like a lot, but it cooks down in the broth
- 4 cups chicken broth (not needed until day of cooking)
- 3 uncooked lasagna noodles, broken into small pieces (not needed until day of cooking)
- 1 pound small meatballs (optional)

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients to your freezer bag except broth and lasagna noodles.
3. Remove as much air as possible, seal, and freeze.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot and add broth.
3. Cook on “low” setting for 6-8 hours.
4. Add noodles and cook for an additional 30 minutes.

Top with freshly grated mozzarella and Parmesan cheeses and serve with a side of garlic bread.

## 11. Italian Wedding Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 12oz bag of frozen mini meatballs (I use these because they are cheap and easy, but you can also substitute cooked homemade meatballs or make a “deconstructed wedding soup” with 1 pound of ground meatloaf meat, beef/pork/veal.)
- 1 small onion, diced (one cup)
- 1/2 pound carrots (about 4 large carrots), peeled and thinly sliced
- 1 head of escarole, thinly sliced
- 1 tablespoon Worcestershire sauce
- 1 teaspoon onion powder
- 1 teaspoon garlic salt
- 1 teaspoon Montreal steak seasoning
- 64oz chicken broth (8 cups) (not needed until day of cooking)
- 1/2 cup uncooked pasta (not needed until day of cooking) (I use acini de pepe, ditallini, or small shells)

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients to your freezer bag except broth and pasta.
3. Remove as much air as possible, seal, and freeze.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot and add broth.
3. Cook on “low” setting for 6-8 hours or until carrots are soft.
4. Add pasta and cook for an additional 30 minutes.

Serve with garlic bread.

## 12. Meatball Soup with Tons of Vegetables

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 16oz bag frozen mini meatballs
- 16oz bag frozen peas
- 16oz bag frozen chopped spinach
- 1/2 pound carrots, peeled and diced
- 1 sweet yellow onion, peeled and diced
- 2 teaspoons dried thyme
- 1 teaspoon dried rosemary
- 1 bay leaf
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 cups beef broth (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients to your freezer bag except beef broth.
3. Remove as much air as possible, seal, and freeze.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot and add beef broth.
3. Cook on low setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot.
4. Remove bay leaf and stir.

Serve with fresh Italian bread.

## 13. Vegetarian Black Bean Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 3 cans black beans (15oz each), drained and rinsed
- 4 green onions, chopped
- 3 cloves garlic, minced
- 2 stalks celery, chopped
- 1 red pepper, chopped
- juice of 1 lemon
- 1 teaspoon cumin
- 2 cups vegetable broth (chicken broth also works well if you're not vegetarian)

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot.
3. Cook on “low” for 8 hours or until veggies are soft.
4. Mash or puree to your liking.
5. Stir.

Serve with sour cream, avocado, salsa, and tortilla chips.

## 14. Easy French Onion Soup

Recipe from [New Leaf Wellness](#)

Yields: 6-8 servings

### Ingredients

- 5 large yellow onions, sliced 1/4" thick
- 4 tablespoons butter
- 1/2 cup dry red wine
- 2 bay leaves
- 1 teaspoon thyme
- 1/2 teaspoon black pepper
- 8 cups beef stock (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
2. Place onions and butter in a skillet and caramelize. Cool.
3. Add all ingredients to your freezer bag except stock.
4. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot and add stock.
3. Cook on "low" for 8 hours.
4. Remove bay leaves.

Top with croutons and finely grated Swiss cheese.

## 15. Turkey White Bean and Kale Soup

Recipe from [New Leaf Wellness](#)

Yields: 6 servings

### Ingredients

- 1 small onion, diced
- 1 pound carrots, peeled and cut into bite-sized pieces
- 1/2 bunch of kale, washed and sliced
- 15oz can cannellini beans (white kidney beans), washed and drained
- 1 [Italian salad dressing pouch](#) or 2 tablespoons [homemade dry mix](#) (2 tablespoons of Italian seasonings is a great shortcut)
- 1 pound ground turkey
- 8 cups chicken broth (not needed until day of cooking)

### Materials

- 1 gallon-sized plastic freezer bag

### To Freeze and Cook Later

1. Label your freezer bag with the name of the recipe, cooking instructions, and “use-by” date.
2. Add all ingredients to your freezer bag except broth.
3. Remove as much air as possible, seal, and freeze for up to three months.

### To Cook

1. Thaw freezer bag overnight in refrigerator or in water in the morning.
2. Pour contents of freezer bag into your crockpot and add broth.
3. Cook on “low” for 8 hours or until veggies are soft.
4. Break apart turkey.

Serve with fresh baked garlic bread.

## Grocery List for All 15 Recipes

*(The number next to each ingredient corresponds to its recipe number.)*

### Produce

- 3 sweet potatoes (about 1 ½ pounds) (1)
- 2 small zucchinis (2, 6)
- 1lb fresh green beans (2, 6)
- 5oz fresh baby spinach (2, 10)
- 5 large yellow onions (14)
- 8 small sweet yellow onions (2, 3, 4, 5, 6, 8, 12, 15)
- 4 green onions (13)
- 2 red bell peppers (2, 13)
- 14 cloves garlic (2, 4, 7, 13)
- 5 pounds carrots (4, 5, 6, 8, 11, 12, 15)
- 2 Roma tomatoes (4)
- 4 celery ribs, chopped (5, 13)
- 1 lime for juice (4)
- 1 lemon for juice (13)
- 2 heads of escarole (7, 11)
- 2 bunches of kale (1, 7, 15)

### Meat

- 1 pound ground spicy sausage (1)
- 1 pound ground sweet **or** spicy Italian sausage (8)
- 1 pound ground beef (3)
- 1 pound boneless skinless chicken breasts (4)
- 2-pound boneless beef chuck roast (5)
- 1 ½ pound bone-in ham shank (9)
- 1 pound ground turkey (15)

### Canned

- 15oz can of petite diced tomatoes (3)
- 2 cans of diced tomatoes (14.5oz each) (2)
- 1 cup tomato juice (4)
- 3 jars of pasta sauce (24oz each) (we like Prego Traditional) (6, 8, 10)
- 3 cans black beans (15oz each) (13)
- 3 cans of cannellini beans (15oz each) (8, 10, 15)

### Freezer

- 8oz frozen yellow corn (3)
- 16oz bag of frozen peas and carrots (3)
- 16oz bag frozen peas (12)
- 1 box of frozen chopped spinach (8)
- 16oz bag frozen chopped spinach (12)
- 3-4 pounds frozen mini meatballs (6, 10, 11, 12)

## **Cold**

- 4 tablespoons butter (14)

## **Seasonings**

- 2 ½ teaspoons fennel seeds (1, 4)
- 1 ½ teaspoons paprika (1)
- 2 ¾ teaspoon black pepper (1, 3, 5, 7, 12, 14)
- 2 teaspoons onion powder (1, 11)
- 1 teaspoon garlic powder (1)
- 2 tablespoons Italian seasonings (2)
- 6 bay leaves (2, 3, 5, 12, 14)
- 7 teaspoon thyme (3, 5, 12, 14)
- 3 teaspoons dried rosemary (3, 5, 12)
- 3 teaspoon salt (3, 4, 5, 7, 12)
- 2 teaspoons cumin (4, 13)
- 1 teaspoon chili powder (4)
- 1 teaspoon garlic salt (11)
- 1 teaspoon Montreal steak seasoning (11)
- 1 [Italian salad dressing pouch](#) or 2 tablespoons [homemade dry mix](#) (2 tablespoons of Italian seasonings is a great shortcut) (15)

## **Oil/Vinegar**

- 1 tablespoon extra-virgin olive oil (7)
- 1/2 cup dry red wine (14)

## **Baking**

- 1 tablespoon brown sugar (2)
- Pinch of sugar (7)

## **Miscellaneous**

- 1 cup pearly barley (not quick cooking) (2, 5)
- 8oz dried cannellini beans (7)
- 1 pound dried pinto beans (9)
- 3/4 cup ketchup (9)
- 1 tablespoon Worcestershire sauce (11)
- 16oz vegetable broth (13)

## **Materials**

- 15 gallon-sized plastic freezer bags (1-15)

## **Not Needed Until Day Of Cooking**

- 40 cups (320oz) chicken broth (1, 4, 6, 8, 10, 11, 15)
- 4 cups (32oz) chicken **or** vegetable broth (7)
- 4 cups (32oz) vegetable broth (2)
- 16 cups (128oz) beef **broth** (3, 5, 12)
- 8 cups (64oz) beef **stock** (14)

- 1 ½ cup uncooked pasta (I like to use elbow macaroni, ditalini, or acini de pepe) (8, 11)
- 3 uncooked lasagna noodles (10)
- 6 tablespoons pesto (store-bought or homemade) (2)
- 1 cup heavy cream (or half and half) (1)
- Suggested Side Dishes:
  1. Zuppa Toscana with Sweet Potatoes – fresh bread
  2. Garden Vegetable Soup with Pesto – fresh bread
  3. Hamburger Vegetable Soup – garlic bread
  4. Chicken Soup with Mexican Seasonings – shredded cheddar cheese and crushed tortilla chips
  5. Beef Barley Stew – fresh bread
  6. Meatball Vegetable Soup – garlic bread
  7. Beans & Greens – parmesan cheese and crusty bread
  8. Sausage Spinach Tomato Soup – garlic bread
  9. Ham & Pinto Bean Soup – crackers or bread
  10. Simple Lasagna Soup – mozzarella and parmesan cheese and garlic bread
  11. Italian Wedding Soup – garlic bread
  12. Meatball Soup with Tons of Veggies – fresh Italian bread
  13. Vegetarian Black Bean Soup – sour cream, avocado, salsa, and tortilla chips
  14. Easy French Onion Soup – croutons and Swiss cheese
  15. Turkey White Bean and Kale Soup – garlic bread