

# Fire Roasted Vegetable Soup



- 1 T Olive Oil
- 1 cup diced carrots
- 1 cup diced onion
- 1 cup diced celery
- 1 can (14.5 oz) diced fire roasted tomatoes
- 2 cups tomato sauce
- 1 T Chili powder
- Red pepper flakes (to taste)
- 1 cup frozen corn
- 2 ½ cups water

Heat oil in pan and add the carrots, onion and celery. Stir and cook about 10 minutes until vegetables are tender. Add the vegetables and remaining ingredients to a crock pot. Cook on high 4 hours or low 5–6 hours.

Makes 6 servings - 3 pts each