

Slow-Cooker Cheesy Winter Vegetables

Ingredients:

- 1 ½ pounds red potatoes, washed and sliced
- 1 (16-oz.) pkg. fresh baby carrots
- 2 medium stalk celery, cut into 1-inch pieces
- 1 (10.75-oz.) can condensed Cheddar cheese soup (Healthy Request)
- 2 teaspoons Worcestershire sauce
- 1/8 teaspoon ground red pepper (optional)
- 1 cup frozen sweet peas, thawed
- 2 oz. shredded cheddar cheese

Directions:

1. In 3 1/2 or 4-quart slow cooker, combine potatoes, carrots and celery. In small bowl, combine soup, Worcestershire sauce and ground red pepper; mix well. Pour soup mixture over vegetables; stir gently to coat.
2. Cover; cook on Low setting for 6 to 7 hours.
3. About 10 minutes before serving, gently stir thawed peas into vegetable mixture. Cover; cook an additional 10 minutes, top with shredded cheese.

Nutrition Facts

Serving size: 3/4 cup

Servings: 8

Amount per serving

Calories **138**

% Daily Value*

Total Fat 2.9g **4%**

Saturated Fat 1.7g **9%**

Cholesterol 9mg **3%**

Sodium 265mg **12%**

Total Carbohydrate 24.5g **9%**

Dietary Fiber 4.2g **15%**

Total Sugars 5.3g

Protein 4.8g