

Slow Cooker Vegetable Turkey Soup


Garden vegetables and beans add color and flavor to this hearty comfort food. Prepare the ingredients in the morning or the night before, let them slow cook all day, and at dinnertime all that's left to do is ladle the soup into bowls.

Ingredients

 **Servings** 6 **Serving Size** 2 cups

- 1 pound ground skinless turkey breast
- 3 large carrots, sliced crosswise into rounds
- 2 medium zucchini, halved lengthwise and sliced
- 1 small onion, chopped
- 1 28-ounce can no-salt-added tomato sauce
- 1 15.5-ounce can no-salt-added cannellini beans, rinsed and drained
- 2 medium garlic cloves, minced
- 1 tablespoon dried Italian seasoning, crumbled
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 cups fat-free, low-sodium chicken broth

Directions

 **Tip:** Click on step to mark as complete.

Put all the ingredients in a slow cooker, stirring to combine and breaking up the turkey.

Cook, covered, on low for 8 hours, or until the turkey is no longer pink.

Quick Tips

Cooking Tip: To make ahead and freeze, in a large bowl, stir together all the ingredients except the broth. Transfer to a one-gallon resealable plastic freezer container or bag. If using a bag, seal tightly. Place the container or bag flat in the freezer. To cook, thaw the container overnight in the refrigerator. Pour the soup into a slow cooker. Pour in the broth, stirring to combine. Cook as directed.

 **Calories**

224 Per Serving

 **Protein**

26g Per Serving

 **Fiber**

7g Per Serving

Nutrition Facts

Calories	224
Total Fat	2.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0.0 g
Cholesterol	51 mg
Sodium	314 mg
Total Carbohydrate	27 g
Dietary Fiber	7 g
Sugars	11 g
Protein	26 g

Dietary Exchanges

1/2 starch, 3 vegetable, 3 lean meat