



Let's cook something delish!

6 servings
Serving size: 2 cups

Slow Cooker Vegetable Turkey Soup

Ingredients

- 1 lb. 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 T. dried Italian seasoning, crumbled
- ½ t. salt
- ½ t. pepper
- 4 c. fat-free, low-sodium chicken broth

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Directions

1. Put all the ingredients in a slow cooker, stirring to combine and breaking up turkey.
2. Cook, covered and on low for 8 hours, or until turkey is no longer pink.

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Calories: 224, Total fat: 2 g, Saturated fat: 1g, Cholesterol: 51 mg, Sodium: 314 mg, Total Carbohydrate: 27 g, Fiber: 7 g, Total Sugars: 11 g, Protein: 26 g

Source: <https://recipes.heart.org/en/recipes/vegetable-turkey-soup>

Photo may include foods and ingredients that aren't a part of this recipe or included in the nutrition analysis.