

SLOW COOKER VEGETABLE TURKEY SOUP

INGREDIENTS

- 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
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 cups fat-free, low-sodium chicken broth

DIRECTIONS

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



Recipe courtesy of American Heart Association

Servings: 6 • Serving Size: 2 cups

Nutrition Information: Calories: 224; Total fat: 2g; Saturated fat: 0.5g; Sodium: 314mg; Total carbohydrate: 27g; Dietary fiber: 7g; Sugars: 11 g; Protein: 26g.