

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 ½ -ounce) can no-salt-added cannellini beans, rinsed and drained
- 2 medium garlic cloves, minced
- 1 tablespoon dried Italian seasoning, crumbled
- ½ teaspoon salt
- ½ teaspoon pepper
- 4 cups fat-free, low-sodium chicken broth



Directions

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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.

