

Slow Cooker Ground Turkey Soup

Ideal slow cooker size: 5 or 6 quart.

| | |
|--------------------|---|
| 1 pound | 99% fat free ground turkey |
| 1 cup | onions |
| 1 clove | garlic |
| 1 12 oz can | kidney beans |
| 1 cup | carrots, sliced |
| 1 cup | celery, sliced |
| 1/4 cup | brown rice, uncooked |
| 4 cups (32 ounces) | diced, Italian flavored tomatoes or Muir Glen organic fire roasted tomatoes |
| 2 cups | green beans |
| 1 teaspoon | parsley flakes |
| 1/2 | red or green bell pepper, chopped |
| 1 teaspoon | salt |
| 1/8 tablespoon | Worcestershire sauce |
| 1 | Bay leaf |
| 3 cups | low fat, reduced sodium chicken broth |
| 4 | sun dried tomato halves, chopped |

Brown turkey in a large skillet. Combine with remaining ingredients in slow cooker. Cover and cook on Low 8-9 hours.

Servings: 12

Cooking time: 8 hours

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

| Amount Per Serving | |
|-----------------------------|------------|
| Calories | 139.02 |
| Calories From Fat (9%) | 12.36 |
| % Daily Value | |
| Total Fat 1.43g | 2% |
| Saturated Fat 0.36g | 2% |
| Cholesterol 16.25mg | 5% |
| Sodium 778.28mg | 32% |
| Potassium 728.00mg | 21% |
| Carbohydrates 20.43g | 7% |
| Dietary Fiber 5.58g | 22% |
| Sugar 6.75g | |
| Sugar Alcohols 0.00g | |
| Net Carbohydrates 14.85g | |
| Protein 11.77g | 24% |

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

| Recipe Ingredient | Linked To |
|--|--|
| 1 pound 99% fat free ground turkey | 1 x 1 lb of Turkey breast meat |
| 1 cup onions | 1 x 1 cup, chopped of Onions, raw |
| 1 clove garlic | 1 x 1 clove of Garlic, raw |
| 1 12 oz can kidney beans | 1 x 1 can of Beans, kidney, red, mature seeds, canned |
| 1 cup carrots, sliced | 1 x 1 cup, chopped of Carrots, raw |
| 1 cup celery, sliced | 1 x 1 cup, diced of Celery, raw |
| 1/4 cup brown rice, uncooked | 0.25 x 1 cup of Rice, brown, long-grain, cooked |
| 4 cups (32 ounces) diced, Italian flavored tomatoes or Muir Glen organic fire roasted tomatoes | 4 x 1 cup of Tomato sauce, no salt added |
| 2 cups green beans | 2 x 1 cup of Beans, snap, green, raw |
| 1 teaspoon parsley flakes | 1 x 1 teaspoon of Spices, parsley, dried |
| 1/2 red or green bell pepper, chopped | 0.50 x 1 medium (approx 2-3/4" long, 2-1/2" dia) of Peppers, sweet, green, raw |
| 1 teaspoon salt | 1 x 1 teaspoon of Salt, table |
| 1/8 tablespoon Worcestershire sauce | 0.13 x 1 tablespoon of Sauce, Worcestershire |
| 1 Bay leaf | 1 x 1 leaf of Spices, bay leaf, crumbled |
| 3 cups low fat, reduced sodium chicken broth | 3 x 1 cup of Soup, chicken broth, low sodium, canned |

4 sun dried tomato halves, chopped

4 x 1 piece of Tomatoes, sun-dried

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