

**Ground Turkey Soup**  
Makes 12 Servings  
(Ideal slow-cooker size: 5 or 6 quart)

1 Lb 99% fat-free ground turkey  
1 cup onions, chopped  
1 clove garlic, minced  
12 oz can kidney beans, drained  
1 cup carrots, sliced  
1 cup celery, sliced  
¼ cup brown rice, uncooked  
1 quart low-sodium diced Italian tomatoes  
2 cups green beans  
1 tsp parsley flakes  
½ green bell pepper, chopped  
1 tsp salt  
1/8 tbsp Worcestershire sauce  
1 bay leaf  
3 cups water  
4 sun dried tomato halves, cut up (added to original recipe)

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

Per Serving: 120 calories (5 calories from fat), 1 gram total fat (0 gram saturated, 2 gram trans fat), 15 mg cholesterol, 710 mg sodium, 16 grams total carbohydrates (4 grams fiber, 5 grams sugar), 13 grams protein, 60%DV vitamin A, 10%DV vitamin C, 8%DV calcium, 10% DV iron.

We used chicken broth instead of 3 cups of water.