

Title: Slow Cooker Stuffed Pepper Soup

<u>Code</u>
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<u>Nutrition Facts:</u>	
Yield	1 servings
Calories	187
Total Fat	8g
Sat Fat	2g
Sodium	438mg
Added Sugar	3g
Fiber	3g
Carbohydrates	17g
Protein	13g

Ingredients Needed:

- 1 Pound of Ground Turkey, 85% Lean
- 1 Onion, Diced
- 1 Can Diced Tomatoes
- 1 Can Tomato Sauce, Low Sodium
- 3 Cups Vegetable Broth
- 1 Cup Brown Rice
- 1 Tablespoon Garlic Powder
- ½ Teaspoon Basil
- 1 Teaspoon Oregano



Recipe Directions:

1. Cook and brown your ground turkey in a skillet over medium heat
2. Drain your ground turkey.
3. Add onions and ground turkey in your slow cooker.
4. Add your tomatoes (juice and all) and the rest of your ingredients.
5. Cover and cook on low for 6-8 hours.
6. Serve when ready. Add salt and pepper to taste.
7. Serves 8 people.