

Slow Cooker Meatball Soup– Makes 6 Servings

Ingredients:

- 1 bag of frozen turkey meatballs ~ 24 meatballs
- 1 – 24 oz. jar of pasta sauce
- 1 pound carrots, peeled and chopped
- 3 cups of green beans, cut up
- 1 medium zucchini, cut into pieces
- 1 medium onion, chopped
- 4 cups low sodium chicken broth



Directions:

- 1- Put everything in the slow cooker, and cook on low for 8 hours.

*To save time, buy frozen veggies

Calories/Macros Per Serving: 410 cal/20g Fat/29g Carb/28g Pro