

## Hearty Turkey Soup

By: Low-Carb Slow Cooker Recipes, Better Homes and Gardens

### Ingredients:

- 1 lb. ground turkey or chicken (or use left over turkey from Thanksgiving)
- 1 cup celery, chopped ( 2 stalks)
- 1/2 cup carrot, chopped (1 medium)
- 1/2 cup onion, chopped (1 medium)
- 3 cups tomato juice  
Or, 1 can diced tomatoes plus 2 cups water
- 2 cups frozen French-cut green beans  
Or, fresh green beans)
- 1 cup mushrooms, sliced
- 1 tomato, chopped
- 1 garlic clove, minces
- 2 tsp Italian Seasoning
- 1 1/2 tsp Worcestershire Sauce
- 1/4 tsp black pepper
- 1/4 tsp salt (optional - season to taste)
- 1 bay leaf

### Instructions:

1. In a large skillet brown the turkey or chicken, celery, carrot and onion and garlic until meat is no longer pink; drain the fat. (If using cooked turkey leftovers, saute' the vegetables in 1 tbsp olive oil. Add the cooked turkey pieces to the crockpot.)
2. Transfer the mixture to a 3 1/2 - 4 quart crockpot.
3. Stir in the tomato juice (or substitute), green beans, mushrooms, tomato, italian seasonings, Worcestershire sauce, pepper and bay leaf.
4. Cover and cook on LOW for 5-6 hours or on HIGH for 2 1/2 - 3 hours.
5. Discard the bay leaf before serving.

Serves: 4-5



~Happy<sup>and</sup> Healthy Lifestyles~

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