

Turkey Meatball and Tortellini Soup

Publix Aprons Simple Meals

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Servings: 10

2 cans (14.5 ounce ea) diced tomatoes with basil, garlic and oregano

3 cups water

2 cups frozen cut green beans OR

Italian-style green beans

1 can (10.5 ounce) condensed French onion soup

2 medium carrots, halved lengthwise and sliced

1 package (24 ounce) frozen turkey meatballs

1 package (9 ounce) refrigerated cheese-filled tortellini

3 to 4 tablespoons purchased basil pesto OR shredded Parmesan cheese (optional)

Preparation Time: 20 minutes

Slow Cooker: 8 hours

In a four- or five-quart slow cooker, combine the undrained tomatoes, water, frozen green beans, onion soup, carrots and frozen meatballs.

Cover and cook on LOW heat setting for eight to ten hours OR on HIGH heat setting for four to five hours.

If using the LOW heat setting, turn the slow cooker to HIGH heat setting. Stir the tortellini into the soup. Cover and cook for 15 minutes more.

If desired, garnish each bowl of soup with pesto or grated Parmesan cheese.

Start to Finish Time: 8 hours 15 minutes

Per Serving (excluding unknown items): 6 Calories; trace Fat (3.5% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 1/2 Vegetable.

Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	6	Vitamin B6 (mg):	trace
% Calories from Fat:	3.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	87.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	2mcg
Saturated Fat (g):	trace	Niacin (mg):	trace

Monounsaturated Fat (g): 0g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 1g
Dietary Fiber (g): trace
Protein (g): trace
Sodium (mg): 7mg
Potassium (mg): 47mg
Calcium (mg): 5mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 4051IU
Vitamin A (r.e.): 405RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 6 **Calories from Fat:** 0

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	7mg	0%
Total Carbohydrates	1g	0%
	Dietary Fiber trace	2%
Protein	trace	

Vitamin A		81%
Vitamin C		2%
Calcium		1%
Iron		0%

* Percent Daily Values are based on a 2000 calorie diet.