

# Slow Cooker Italian Meatball Stew

Yield: 6 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/best-beef-italian-meatball-recipe-no-cheese>

## Ingredients:

- 12 Italian meatballs [click here for Italian Meatball recipe](#)
- 1 tablespoon olive oil
- 2 carrots peeled, chopped
- 2 stalks celery coarsely chopped
- 1 red bell pepper cored and seeded, diced
- 1 zucchini coarsely chopped
- 14 1/2 ounces fire roasted tomatoes with liquid
- 15 ounces cannellini beans drained
- 2 cloves garlic diced
- 1 teaspoon dried oregano
- 2 tablespoons basil freshly chopped, or 2 teaspoons dried basil
- 1/4 teaspoon crushed red pepper flakes
- 1/2 teaspoon black pepper
- sea salt or Kosher, to taste
- 2 cups chicken broth fat free, low sodium
- 1/2 cup whole wheat orzo optional whole wheat couscous or pre-rinsed quinoa

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 21 grams
3. Fat: 4 grams
4. Fiber: 3 grams
5. Protein: 9 grams
6. Sodium: 280 milligrams
7. Sugar: 3 grams

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