

# Italian Minestrone Soup in the Slow Cooker

Yield: 7 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/crock-pot-italian-beef-stew-recipe>

## Ingredients:

- 1 pound lean ground meat
- beef
- 4 ounces sliced mushrooms
- 1 yellow onion diced
- 4 cloves garlic chopped
- 2 stalks celery sliced
- 1 cup chopped carrot
- 14 1/2 ounces stewed tomatoes or diced
- 1 tablespoon dried oregano
- 4 cups beef broth
- 2/3 cup elbow pasta dried, to add later; I used Tinkyada brand which is gluten free
- kosher salt add to taste at the table

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 40 milligrams
4. Fat: 3.5 grams
5. Fiber: 2 grams
6. Protein: 18 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 750 milligrams
9. Sugar: 5 grams

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