

Paleo Italian Meatball Soup (crock pot)

Yield: 6 min
Total Time: 375 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-meatball-recipe-in-slow-cooker>

Ingredients:

- meatball Ingredients:
- 1 pound ground Italian sausage or ground beef.
- 1 tablespoon coconut flour where to buy coconut flour.
- 1 tablespoon flax meal golden, where to buy golden flax meal
- 1/4 cup tomato sauce organic, or home made, tomatoes should be the only ingredients.
- 1/2 tablespoon italian seasonings organic, where to buy this
- 1/2 teaspoon garlic powder
- 1/2 teaspoon sea salt
- soup Ingredients:
- 4 cups chicken broth organic GF, or homemade chicken broth.
- 14 ounces diced tomatoes organic
- 1/4 cup pancetta
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- 5 slices bacon
- 2 cloves garlic minced.
- 1 medium zucchini chopped.
- 1 yellow squash medium, chopped.
- 1 medium carrot chopped or shredded * optional.
- 1/2 onion medium, minced *optional.
- 2 teaspoons italian seasonings organic
- 1 teaspoon garlic powder
- 1 teaspoon sea salt

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 80 milligrams

4. Fat: 38 grams
5. Fiber: 4 grams
6. Protein: 22 grams
7. SaturatedFat: 13 grams
8. Sodium: 1570 milligrams
9. Sugar: 6 grams

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