

# CrockPot Italian Meatball Soup

Yield: 4 min  
Total Time: 495 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-turkey-meatball-soup-recipe>

## Ingredients:

- 1 pound turkey meatballs frozen low-fat
- 4 cups low sodium beef broth
- 2 cans diced tomatoes 14-15 ounces each
- 1 1/2 cups sliced mushrooms about 5 ounces
- 1 cup potato peeled chopped
- 1/2 cup chopped onion
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 16 ounces frozen mixed vegetables
- grated Parmesan cheese Freshly, for serving, optional

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 95 milligrams
4. Fat: 11 grams
5. Fiber: 7 grams
6. Protein: 30 grams
7. SaturatedFat: 3 grams
8. Sodium: 1100 milligrams
9. Sugar: 6 grams

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