

# Slow Cooker Cabbage Roll Soup

14 ingredients · 4 hours · 6 servings



## Directions

1. Use a food processor to pulse your cauliflower into rice.
2. Add all ingredients except ground turkey, spinach and parsley to your slow cooker. Stir very well to combine. Set ground turkey on the top. Cover with a lid. Cook on low for 7 to 8 hours or on high for 4 hours (or until meat is fully cooked through).
3. Before serving, take the lid off and use a wooden spoon to break the cooked ground turkey into small pieces. Stir in the spinach until wilted. Ladle into bowls and garnish with parsley. Enjoy!

## Notes

### Storage

Refrigerate in an air-tight container up to 5 days, or freeze up to a year.

### No Ground Turkey

Use any type of ground meat.

### Vegan & Vegetarians

Replace the meat with 1 can of lentils, chickpeas or kidney beans.

## Ingredients

- 1 head Cauliflower (processed into rice)
- 4 cups Green Cabbage (roughly chopped)
- 1 Yellow Onion (diced)
- 4 Garlic (cloves, minced)
- 3 cups Crushed Tomatoes
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Italian Seasoning
- 1/2 tsp Red Pepper Flakes (optional)
- 1 tsp Sea Salt
- 1 tsp Black Pepper
- 1 cup Water
- 1 lb Extra Lean Ground Turkey (or chicken)
- 4 cups Baby Spinach (optional)
- 1/3 cup Parsley (chopped, optional)

## Nutrition

Amount per serving

<b>Calories</b>	249	Vitamin C	93mg
<b>Fat</b>	12g	Calcium	143mg
Saturated	2g	Iron	4mg
<b>Carbs</b>	21g	Vitamin D	11IU
Fiber	7g	Vitamin B6	0.8mg
Sugar	11g	Folate	146µg
<b>Protein</b>	20g	Vitamin B12	0.9µg

Cholesterol	56mg	Magnesium	82mg
Sodium	731mg	Zinc	3mg
Potassium	1055mg	Selenium	16µg
Vitamin A	2594IU		