

## Slow Cooker Herbal Turkey Vegetable Soup

- 1 tablespoon extra-virgin olive oil
- 1 medium yellow onion (chopped)
- 2 cups brown mushrooms (sliced)
- 1 large green bell pepper (chopped)
- 1 large yellow bell pepper (chopped)
- 1 lb. ground turkey
- 1 tablespoon dried parsley
- 1 tablespoon garlic powder
- 2 teaspoons dried marjoram
- 1 tablespoon dried thyme
- 1 teaspoon celery seed
- 2 teaspoons dried basil
- 1 large bay leaf (remove after cooking)
- 1 teaspoon dried rosemary (powdered is best)
- 2 medium zucchini (chopped)
- 2 cups chicken broth (no sugar added)
- Himalayan sea salt and pepper to taste after cooking



1. Using a large skillet, lightly sauté the onions in the oil. Add in the mushrooms, and bell peppers cooking only until the onions are translucent. Remove from heat immediately.
2. Transfer the onion mixture to your slow cooker crock.
3. Using the same pan, cook the turkey just enough to brown it, breaking it up as you cook into tiny pieces. Once browned, add the meat to your crock as well.
4. Add the zucchini, spices and broth to the crock last, and cook on low for 2-4 hours. Add salt and pepper to taste.

Serving Size = 3 ounces of turkey