



by



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Slow Cooker Italian Soup *(serves 10)*

INGREDIENTS

- 1 pound ground turkey sausage
- 1 tablespoon olive oil
- ½ cup finely diced onion or 1 medium onion, finely diced
- 1 tablespoon minced garlic (from jar) or garlic powder
- 36 ounces chicken or vegetable stock
- 1 (16 oz) bag of Hy-Vee frozen cauliflower
- 2–3 cups Hy-Vee frozen chopped spinach
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ cup heavy cream

INSTRUCTIONS

1. Brown the ground turkey sausage in a skillet over medium heat until done.
2. Using a slotted spoon, remove the sausage and place it into at least a 6-quart slow cooker. Discard remaining grease.
3. Place the oil in the same skillet and sauté the onions for 3–4 minutes or until translucent.
4. Add the onions, chicken or vegetable stock, cauliflower florets, spinach, salt, and pepper to the slow cooker. Mix until combined.
5. Cook on high for 4 hours or on low for 8 hours.
6. Add the heavy cream and mix until combined. Enjoy! Optional to sprinkle cheese on top for extra protein!

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