

Easy Italian Meatball Stew

*Best Slow Cooker Recipes
Pillsbury Classic Cookbooks #370*

Servings: 4

*1 bag (18 ounce) frozen cooked
Italian-style meatballs, thawed
1 cup frozen pearl onions, thawed
1/2 teaspoon salt
2 cans (14.5 ounce ea) organic diced
tomatoes with Italian herbs,
undrained
2 tablespoons all-purpose flour
2 tablespoons water
2 1/2 cups frozen bell pepper and
onion stir-fry mix, thawed and drained
1/4 cup (1 ounce) freshly grated
Parmesan cheese*

Preparation Time: 15 minutes

Spray a 3-1/2- to 4-quart slow cooker with cooking spray.

In the slow cooker, mix the meatballs, pearl onions, salt and tomatoes.

Cover and cook on LOW heat setting for six to eight hours.

In a small bowl, mix the flour and water until smooth. Gradually stir into the stew until blended. Stir in the bell pepper and onion stir fry mix. Increase the heat setting to HIGH. Cover and cook for 15 to 20 minutes longer or until the stew has thickened and the bell peppers are thoroughly heated.

Sprinkle each serving with one tablespoon of cheese.

Start to Finish Time: 6 hours 25 minutes

Per Serving (excluding unknown items): 27 Calories; trace Fat (1.9% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 270mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable.

Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	27	Vitamin B6 (mg):	trace
% Calories from Fat:	1.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	87.6%	Thiamin B1 (mg):	trace

% Calories from Protein: 10.5%
 Total Fat (g): trace
 Saturated Fat (g): trace
 Monounsaturated Fat (g): trace
 Polyunsaturated Fat (g): trace
 Cholesterol (mg): 0mg
 Carbohydrate (g): 6g
 Dietary Fiber (g): 1g
 Protein (g): 1g
 Sodium (mg): 270mg
 Potassium (mg): 56mg
 Calcium (mg): 15mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 3mg
 Vitamin A (i.u.): 9IU
 Vitamin A (r.e.): 1RE

Riboflavin B2 (mg): trace
 Folic Acid (mcg): 14mcg
 Niacin (mg): trace
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value: 0%

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 1/2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 27 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	270mg	11%
Total Carbohydrates	6g	2%
Dietary Fiber	1g	3%
Protein	1g	
Vitamin A		0%
Vitamin C		5%
Calcium		2%
Iron		2%

* Percent Daily Values are based on a 2000 calorie diet.