Freezer-Ready Italian Turkey & Vegetable Soup



This freezer-ready Italian turkey and vegetable soup is easy to prep and perfectly preserved using the NESCO VS-22 Liquid Vacuum Sealer Featuring Liquidlock. locks in freshness and flavor, making slow-cooker dinners simple on busy days.

Your Key Ingredient:

NESCO Premium Vacuum Sealer Featuring Liquidlock

Ingredients:

- 1 lb Italian ground turkey
  (If unavailable, substitute regular ground turkey or Italian ground sausage)
- 1 (15 oz) can red kidney beans, drained and rinsed

- 1 small yellow onion, diced (about 1 cup)
- 1 lb carrots (about 8 large), peeled and diced (about 3 cups)
- 5 oz baby spinach (about 3 handfuls)
- 1 (24 oz) jar marinara sauce (Prego Traditional recommended)
- 32 oz chicken broth (4 cups) — added day of cooking

Instructions:

To Cook

1. Thaw overnight in the refrigerator or place the sealed bag in cold water until thawed.
2. Transfer contents to a crockpot and add **4 cups chicken broth** (or water if using bouillon).
3. Cook on **LOW** for:
    - **6 hours** in a 6-quart slow cooker
    - **8–10 hours** in a 4-quart slow cooker
4. Break apart the turkey, stir well, and continue cooking until heated through.

To Vacuum Seal & Freeze

1. Label your Nesco vacuum sealer bag with the recipe name and date.
2. Add all ingredients **except** the chicken broth.

3. Place the open end of the bag into the Nesco VS-22 and use the **gentle or liquid-friendly setting** to safely vacuum seal without crushing ingredients.
4. Lay flat and freeze for up to **3 months**.