



Slow-Cooker Cheeseburger Mac Attack



1/8th of recipe (about 1 cup): 179 calories, 5.75g total fat (1.5g sat. fat), 512mg sodium, 19g carbs, 2g fiber, 3.5g sugars, 12.5g protein

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Prep: 5 minutes **Cook:** 10 minutes plus 3 - 4 hours (high) or 7 - 8 hours (low)



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Ingredients

5 oz. (about 1 1/4 cups) uncooked elbow macaroni with at least 2g fiber per 2-oz. serving
10 oz. raw lean ground turkey
2 tbsp. ketchup
1/2 cup finely chopped onion (about 1/2 medium onion)
24 oz. (about 6 cups) frozen cauliflower and low-fat cheese sauce (like the kind by Green Giant)
3 wedges [The Laughing Cow Light Creamy Swiss cheese](#)
2 scallions, thinly sliced
Optional: salt and black pepper

Directions

In a large pot, prepare pasta very al dente, cooking for about half of the time indicated on the package. Drain well and set aside.

In a bowl, combine turkey, ketchup, and onion. Mix well. Add frozen cauliflower and cheese sauce and gently mix. Transfer mixture to a slow cooker. (A 4-qt. slow cooker is best!)

Add cooked pasta to the slow cooker and gently stir. Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours, until the turkey is fully cooked.

Add cheese wedges and scallions, and stir until evenly distributed.

If you like, season to taste with salt and pepper. Dig in!

MAKES 8 SERVINGS

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