

Turkey, Kale and Potato Soup

SERVES 4

Ingredients

FRESH PRODUCE

1 **small onion** | chopped

2 **carrots** | peeled and sliced into coins

2–3 (approximately 1 lb) **Yukon gold potatoes** | diced and peeled if desired

2 cups of **kale** | chopped

MEAT

1 lb **ground turkey**

PANTRY

4 cups of **vegetable or chicken broth**

If you do not have broth on hand, you can use water instead.

SPICES AND OILS

2 tablespoons **olive oil**

½ teaspoon **garlic powder**

1 teaspoon **oregano**

½ teaspoon **black pepper**

1 **bay leaf**

EQUIPMENT



Cutting board



Spatula or spoon



Measuring spoons



Knife



Large pot





Measuring cups

MIX IT UP AND MAKE IT YOUR OWN

- We chose to feature ground turkey in this recipe. You can choose to substitute with ground chicken, diced chicken breast or if you prefer ground beef or pork. We encourage you to try chicken or turkey as they are lower in fat and the best choices when it comes to a medically tailored diet.
- If you are vegetarian, this would also work very well with the bean of your choice.
- Feel free to swap the bell peppers for a different vegetable if you prefer. Broccoli, cauliflower, green beans, snow peas, and asparagus are all examples of vegetables that will work really well in this dish. Choose what is available to you and what you like.
- You can enhance the flavor of this dish by increasing the amount of ginger and garlic powder by a half teaspoon each. A pinch or two of red pepper flakes will add a touch of heat and a few sliced up green onions for garnish at the end will brighten the entire dish.

Directions

- 1 Prepare vegetables.
 - 2 Heat a large pot over medium-high heat and add olive oil to the pot to coat the bottom. Add onion and carrots.
-  Cook for 3–5 minutes, until onion becomes translucent.
- 3 Add turkey and spices to the pot and stir to combine. Allow the turkey to brown, breaking up with a spatula as desired.
 - 4 Add the potatoes, kale and broth (or water). Bring to a boil and reduce to a simmer.
-  Allow soup to cook for 10–20 minutes to bring the flavors together.
- 5 Taste and adjust seasoning as desired. Enjoy!
 - 6 Save leftovers in the refrigerator for up to three days OR place in Ziploc bags and freeze for up to one month.

NOTES

Nutrition Facts

1 serving per container
Serving size
1 each

Calories per serving **370**

Amount/serving	% Daily Value*
Total Fat 21g	27%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 115mg	5%

Amount/serving	% Daily Value*
Total Carbohydrate 24g	9%
Dietary Fiber 5g	17%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 23g	

Vitamin D 0.2mcg 0% • Calcium 100mg 8% • Iron 2.8mg 15%
Potassium 870mg 20% • Phosphorus 310mg 25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: GROUND TURKEY (85/15), POTATO, CARROT, ONION, KALE, OLIVE OIL, BLACK PEPPER, GARLIC POWDER, OREGANO, BAY LEAVES, VEGETABLE BROTH