

## GROUND TURKEY AND VEGETABLE SOUP

 15 minutes

 1 hour

 8 portions

### INGREDIENTS

- 1 lb of turkey, ground, 93% lean, 7% fat, raw [453 g]
- 1.5 tablespoons of oil, olive, salad or cooking [20 g]
- 1/2 cup, chopped of onions, raw [80 g]
- 1 tbsp of spices, italian seasoning
- 3/4 chopped cup of celery, raw [76 g]
- 6 cups of soup, chicken broth, ready-to-serve [1494 g]
- 1 cup of tomatoes, red, ripe, canned, packed in tomato juice [240 g]
- 1/2 cup of lentils, raw [96 g]
- 1 cup of rice, brown, medium-grain, raw [190 g]
- 1 package [10 oz] of vegetables, mixed, frozen, unprepared [284 g]
- 1/2 cup of lemon juice from concentrate, bottled, REAL LEMON
- 2 cloves of garlic, raw [6 g]

### COOKING METHOD

- <sup>10</sup> 1. Add the oil, celery, and onion to a soup pot over medium-high heat, and sauté for 4-5 minutes [ok if the onion starts to brown a little]. 2. Stir in the garlic and Italian seasoning and cook for 30 seconds. 3. Add in the ground turkey and cook until it's mostly turned white, breaking it up with your spoon as it cooks [about 4-5 minutes]. I prep the other ingredients while I go along, but feel free to prep everything before you begin if that's easier. 4. Add in 4 cups of broth [to start]. You will want to add anywhere from 1-2 more cups of broth as you continue to cook and stir. 5. Add in lentils, rice, tomatoes, and the steamed veggies. Increase the heat to high and bring it to a boil. Cover the pot with the lid slightly ajar and reduce the heat & simmer for 30 minutes. I stir it a couple of times just to ensure the rice and lentils aren't sticking to the bottom. 6. Add in the lemon juice [add more if you like it really lemony]. Cook it for about 5 more minutes and season with salt & pepper as needed. This soup soaks up the broth pretty fast, so feel free to add more chicken broth/water as needed [especially when reheating leftovers]

### NUTRITIONAL INFORMATION

|                              | PER 100 g | PER PORTION (390 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY                       | 74 kcal   | 289 kcal            | 14 %  |
| FAT                          | 2 g       | 9 g                 | 13 %  |
| FATTY ACIDS, TOTAL SATURATED | 0 g       | 2 g                 | 9 %   |
| CHOLESTEROL                  | 12 mg     | 46 mg               | 15 %  |
| SODIUM                       | 205 mg    | 799 mg              | 33 %  |
| CARBOHYDRATE                 | 9 g       | 35 g                | 12 %  |
| SUGARS                       | 1 g       | 3 g                 | —     |
| FIBER                        | 1 g       | 5 g                 | 18 %  |
| PROTEIN                      | 5 g       | 18 g                | —     |