

## Another Healthy Recipe from

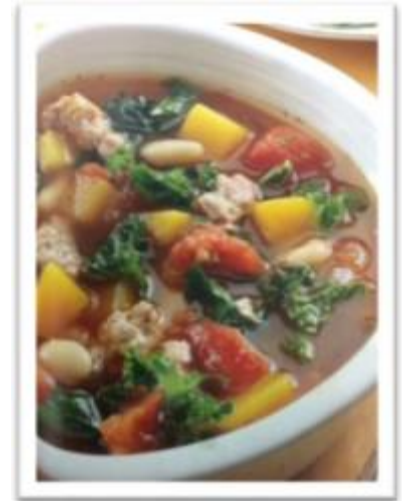


### Italian Turkey Soup

This super easy, ridiculously delicious soup is sure to become a household favorite.

#### INGREDIENTS

2-3 T cooking oil  
8 oz. lean ground turkey  
Sea salt  
ground black pepper,  
½ large onion, chopped  
2 cloves garlic, chopped  
½ t dried oregano  
¼ t red pepper flakes (optional)  
2C reduced sodium chicken broth  
2 C unsalted, diced tomatoes with juices  
1 ¼ lb butternut squash, peeled and cut into ¾" pieces (about 3 cups)  
About 5 cups of kale, thick stems removed, chopped  
1 15oz. can unsalted cannellini beans, drained and rinsed



#### DIRECTIONS

1. Add cooking oil to a large pot over medium heat. Add turkey, salt and pepper (to taste). Cook 5-7 minutes, stirring frequently and crumbling. Transfer to paper-towel lined bowl to drain.
2. Add 1-2T cooking oil to pot again, returning to medium-high heat. Add onion, sauté for 4-5 minutes. Add garlic, oregano and pepper flakes. Stir constantly for 30 sec. Add broth, 2 cups water, tomatoes. Cover and simmer.
3. Once simmering, add squash. When liquid returns to simmer, cover and simmer for 5 minutes. Add kale and continue simmering until both vegetables are tender—10—15 minutes.
4. Add beans and turkey. Simmer until heated through.

Enjoy!!