

TURKEY VEGGIE SOUP



INGREDIENTS

ITEM

Ground Turkey
Leeks (*chopped*)
Capsicum (*cut into pieces*)
Tomatoes (*diced*)
Chicken Stock
Cauliflower (*minced*)
Kale (*ribs removed, leaves coarsely chopped*)
Olive Oil
Sea Salt
Black Pepper (*freshly ground*)

QUANTITY

1 lb.
4
1
15 oz.
5 cups
1 ½ cups
4 cups
2 Tbsp.
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PREPARATION

- ✔ Melt the oil in a saucepan over medium-high heat.
- ✔ Add the shallots, cauliflower, and Capsicum.
- ✔ Stir frequently and cook the vegetables until they become slightly soft, approximately 8 to 10 minutes.
- ✔ Put the turkey with the vegetables and cook until the turkey is ready, about 6 to 8 minutes. Keep stirring occasionally.
- ✔ Pour in the chicken stock and diced tomatoes and season with salt and pepper to your desired taste.
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- ✔ Boil the soup, then add the kale. Reduce the heat to low and let it cook with a lid on for 15 minutes.