

TURKEY AND SPINACH SOUP



SERVING SIZE

4



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Oil	1 Tbsp.	Cumin	½ Tsp.
Turkey Breast, Cut Into Cube Pieces	16 Oz.	Turmeric	½ Tsp.
Shallot, Minced	1	Chopped Cilantro	2 Tsp.
Garlic Cloves, Minced	4	Chopped Parsley	2 Tsp.
Fresh Grated Ginger	1 Tsp.	Low-sodium Broth	5 Cups
Coriander	2 Tsp.	Crushed Tomatoes	1 Cup
Chili Powder (Optional)	½ Tsp.	Celery Stalk, Chopped	1
Smoked Paprika	½ Tsp.	Spinach	2 Cups



PREPARATION

- Heat the oil in a large pot over medium heat.
- Add the turkey pieces and cook for 5-7 minutes, stirring occasionally, until lightly browned.
- Stir in the shallot, garlic, and ginger, cooking for another 2 minutes until fragrant.
- Add the coriander, chili powder (if using), smoked paprika, cumin, turmeric, cilantro, and parsley. Stir well to coat the turkey with the spices.
- Pour in the broth and crushed tomatoes. Stir to combine.
- Add the chopped celery. Bring the soup to a boil, then reduce the heat to low and let it simmer for 15 minutes.
- Stir in the spinach and cook for an additional 2-3 minutes, just until the spinach wilts.
- Taste and adjust seasoning with salt and pepper if needed.
- Serve warm and enjoy!