



# TURKEY EGG ROLL SOUP



## SERVING SIZE

4



## INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Ground Turkey	1 Lb.	Fresh Ginger, Grated	1 Tsp.
Oil	2 Tbsp.	Sea Salt	½ Tsp.
Green Cabbage, Sliced Into Strips	1 Small	Onion Powder	1 Tsp.
Chicken Broth	6 Cups	Sesame Oil	1 Tbsp.
Low-sodium Soy Sauce	1 Tbsp.	Green Onion, Chopped	2 Tbsp.
Garlic, Minced	1 Tsp.		



## PREPARATION

- Heat oil in a large pot over medium heat.
- Add ground turkey and cook 5-6 minutes, breaking it apart until browned.
- Add garlic and ginger. Cook 30-60 seconds until fragrant.
- Stir in cabbage and cook 2-3 minutes until slightly softened.
- Pour in chicken broth and soy sauce. Add sea salt and onion powder. Bring to a boil.
- Reduce heat and simmer 15-20 minutes until cabbage is tender and flavors are well blended.
- Stir in sesame oil and remove from heat.
- Serve hot, garnished with chopped green onions. Enjoy!