

TURKEY EGG ROLL SOUP



SERVING SIZE

4



INGREDIENTS

ITEM

Ground Turkey
Oil
Green Cabbage, Sliced Into Strips
Chicken Broth
Low-sodium Soy Sauce
Garlic, Minced

QUANTITY

1 Lb.
2 Tbsp.
1 Small
6 Cups
1 Tbsp.
1 Tsp.

ITEM

Fresh Ginger, Grated
Sea Salt
Onion Powder
Sesame Oil
Green Onion, Chopped

QUANTITY

1 Tsp.
½ Tsp.
1 Tsp.
1 Tbsp.
2 Tbsp.



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!