



Turkey Taco Soup

Savannah · 30/09/2024



Prep Time

1 hr 5 mins

Difficult

Medium

Servings

8

Description

Soothing Mexicathemed soup which can be enjoyed as a light meal or with garnishes that can make it more sinful Freezes well

Ingredients

- - 2 tablespoons olive oil - 1 ¼ pounds ground turkey - 1 onion
- chopped - 2 carrots
- cut into 1/4 inch rounds - 2 stalks celery
- chopped - 1 ½ cups frozen corn - 5 cloves garlic
- chopped - 1 (1 ounce) package taco seasoning mix - ¼ teaspoon ground cumin - ¼ teaspoon chili powder - ¼ teaspoon dried oregano - ½ bunch chopped fresh cilantro
- divided - 1 (28 ounce) can diced tomatoes with juice - 1 (15 ounce) can kidney beans
- rinsed and drained - 1 green chile pepper
- halved lengthwise - ½ cup sliced black olives - 3 ½ cups chicken broth - 1 cup water
- or more as needed - ¼ cup lime juice - salt and ground black pepper to taste

Instructions

1. Heat olive oil in a large pot over medium-high heat and stir in the ground turkey. Cook and stir until the turkey is crumbly
2. evenly browned
3. and no longer pink. Transfer turkey to a bowl; set aside. In the same skillet
4. stir in the onion; cook and stir until the onion is nearly translucent
5. about 5 minutes. Add the carrots and celery. Continue to cook and stir until tender
6. about 8 more minutes. Stir in the corn
7. garlic
8. taco seasoning
9. cumin
10. chili powder
11. dried oregano
12. and about 1/4 cup cilantro along with the cooked turkey. Cook and stir until fragrant
13. about 2 minutes. Mix in the tomatoes
14. kidney beans
15. green chile pepper
16. olives
17. chicken broth
18. water
19. and lime juice. Season with salt and black pepper. Bring to a boil
20. then reduce heat to low and continue to simmer for 20 minutes. Remove chile halves
21. and garnish with the remaining cilantro before serving. Cook's Notes Make this vegetarian by substituting texturized vegetable protein/Quorn(R)/Boca Burger(R) crumbles for meat
22. and use vegetarian broth. Cans of tomato/broth/beans are large so rather than waste parts of the cans
23. I choose to make a large batch of soup and freeze half of it to enjoy another week. As is the case with all great cooks
24. please use the chili
25. salt
26. pepper
27. water and lime juice to make the soup as spicy or bland as you desire. Lower the fat content by cooking onions in 2 T chicken broth and 2 teaspoons olive oil
28. use fat free broth and omit the dairy products. Optional toppings include avocado slices
29. grated reduced fat Cheddar cheese
30. tortilla chips
31. Greek yogurt
32. and lime wedges.