




 **39%**
HEALTH SCORE

A Post Thanksgiving “sopa De Tortilla”


 **Gluten Free**  **Dairy Free**

READY IN




150 min.

SERVINGS



5

CALORIES



443 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 1 avocado
- 4 carrots
- 4 stalks celery
- 1 bunch cilantro leaves
- 1 pinch cumin
- 2 cloves garlic peeled
- 0.3 cup olive oil
- 2 tablespoons olive oil

- 1 onion peeled quartered
- 1 poblano pepper
- 8 ounces stewed tomatoes canned
- 1 cup fried tortilla strips
- 1 turkey breast whole

Equipment

- bowl
- ladle
- oven
- pot
- blender
- stove
- kitchen timer
- colander

Directions

- Drizzle 2 tablespoons of olive oil in bottom of large stock pot.
- Add quartered onion, 2 cloves of garlic and 2 stalks of celery, and turkey breast. Peel two carrots and add the peels to the stock pot along with 2 carrots and 2 celery stalks. Reserve two carrots and 2 celery stalks for later use.
- Cut the stems off your Cilantro bunch. Reserve the leaves.
- Add stems to the stock pot.
- Add water to your pot so that it is 3/4 full. Cover and boil for at least 1 hour, preferably 2 hours. You should set a timer to check on your stock. Do not add salt before you have reduced your stock. The stock should not reduce to less than one quarter of your pot.
- Remove turkey from bone. Reserve the meat. Discard the bone
- Strain the soup by using a colander over another stock pot
- Discard the vegetables

- Set aside the stock you will use for the soup (1 to 2 cups per guest) and pour the rest into ice cubes for later use. Soup Instructions: In blender add 1 8 oz. can of organic stewed tomatoes and cup of olive oil, pinch of salt and puree with roasted pepper* and set aside for later use.
- Add 2 carrots cubed to stock
- Add 2 celery stalks chopped to stock
- Cover and boil for 30 minutes until the vegetables are tender.
- Add 1/4 cup increments pureed pepper-tomato mixture to your broth.
- Add 1/3 cup of turkey meat per cup of stock and allow simmering. Taste for salt and finish with a pinch of ground cumin. Ladle soup into bowls and add extra turkey meat, top with strips of fried corn tortillas or good quality store bought tortilla chips. Top with fresh cilantro and cubes of avocado.* Roast 1 Poblano pepper stove top or in your oven until charred and tender. Peel and devein the Poblano pepper.

Nutrition Facts

PROTEIN 31.56%

FAT 52.08%

CARBS 16.36%

Properties

Glycemic Index: 44.57, Glycemic Load: 2.62, Inflammation Score: -10, Nutrition Score: 29.971739130435%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Apigenin: 0.93mg, Apigenin: 0.93mg, Apigenin: 0.93mg, Apigenin: 0.93mg, Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Taste

Sweetness: 40.54%, Saltiness: 100%, Sourness: 24.81%, Bitterness: 19.42%, Savoriness: 65.34%, Fattiness: 73.65%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 442.93kcal (22.15%), Fat: 26.44g (40.67%), Saturated Fat: 3.64g (22.72%), Carbohydrates: 18.69g (6.23%), Net Carbohydrates: 12.81g (4.66%), Sugar: 6.21g (6.9%), Cholesterol: 84.24mg (28.08%), Sodium: 506.59mg (22.03%), Protein: 36.05g (72.11%), Vitamin A: 8660.95IU (173.22%), Vitamin B3: 17.25mg (86.27%), Vitamin B6:

1.51mg (75.41%), Selenium: 36.32µg (51.88%), Phosphorus: 436.74mg (43.67%), Vitamin C: 33.05mg (40.06%),
Vitamin K: 42.05µg (40.05%), Potassium: 993.18mg (28.38%), Vitamin E: 4.21mg (28.04%), Fiber: 5.88g (23.5%),
Vitamin B2: 0.36mg (21.03%), Vitamin B5: 2.1mg (20.98%), Folate: 74.13µg (18.53%), Magnesium: 70.85mg (17.71%),
Zinc: 2.61mg (17.42%), Vitamin B12: 0.98µg (16.38%), Manganese: 0.28mg (14.12%), Copper: 0.27mg (13.66%), Iron:
2.16mg (11.99%), Vitamin B1: 0.17mg (11.03%), Calcium: 82.02mg (8.2%), Vitamin D: 0.16µg (1.04%)