



Quick and Easy Turkey Vegetable Soup

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 beef-flavored bouillon cubes dry chopped
- 1.5 teaspoons bottled garlic minced
- 15 ounce kidney beans rinsed drained canned
- 14.5 ounce canned tomatoes diced green undrained canned
- 1 cup carrots sliced (2 large)
- 1 cup celery finely chopped (2 stalks)
- 1 teaspoon chili powder

- 0.5 cup whole-kernel corn frozen
- 0.5 cup french-cut green beans frozen
- 1.5 teaspoons ground cumin
- 1.5 pounds ground turkey breast
- 6 tablespoons monterrey jack cheese shredded
- 0.5 cup onion finely chopped
- 3 cups water

Equipment

- bowl
- frying pan
- ladle
- dutch oven

Directions

- Heat a Dutch oven over medium-high heat. Coat pan with cooking spray.
- Add celery, onion, garlic, and turkey. Cook 5 minutes or until ground turkey is browned, stirring to crumble.
- Add 3 cups water and remaining ingredients except cheese; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until vegetables are tender. Discard bay leaves. Ladle 1 1/2 cups soup into each of 6 bowls; top each serving with 1 tablespoon cheese.

Nutrition Facts



PROTEIN 48.94% **FAT 19.26%** **CARBS 31.8%**

Properties

Glycemic Index:50.64, Glycemic Load:6.26, Inflammation Score:-10, Nutrition Score:25.401738996091%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg,

Isorhamnetin: 0.67mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.09mg, Quercetin:
3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 279.12kcal (13.96%), Fat: 6.19g (9.52%), Saturated Fat: 2.64g (16.52%), Carbohydrates: 23g (7.67%), Net
Carbohydrates: 16.12g (5.86%), Sugar: 7.32g (8.14%), Cholesterol: 71.32mg (23.77%), Sodium: 779.43mg (33.89%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.39g (70.78%), Vitamin A: 4069.11IU (81.38%), Vitamin B3:
12.8mg (64.02%), Vitamin B6: 1.24mg (62.15%), Phosphorus: 432.45mg (43.25%), Selenium: 28.63µg (40.91%), Fiber:
6.88g (27.5%), Potassium: 922.52mg (26.36%), Manganese: 0.49mg (24.55%), Magnesium: 84.89mg (21.22%), Zinc:
3.15mg (21%), Iron: 3.43mg (19.08%), Copper: 0.36mg (18.03%), Vitamin K: 18.93µg (18.03%), Vitamin B2: 0.3mg
(17.53%), Vitamin B1: 0.24mg (16.25%), Calcium: 155.14mg (15.51%), Vitamin B5: 1.5mg (15.01%), Folate: 59.6µg
(14.9%), Vitamin C: 11.42mg (13.84%), Vitamin B12: 0.67µg (11.24%), Vitamin E: 1.36mg (9.06%), Vitamin D: 0.51µg
(3.42%)