



Turkey Poblano Soup

READY IN



30 min.

SERVINGS



4

CALORIES



561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 3 cups chicken broth low sodium canned (you can use or regular and adjust salt)
- ☐ 0.5 teaspoon chili powder
- ☐ 4 6-inch corn tortillas chopped (5 or es across)
- ☐ 2 tablespoons flour
- ☐ 1 clove garlic
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.5 cup half-and-half or
- ☐ 4 servings monterey jack shredded mexican style

- ☐ 0.5 cup onions chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1 poblano pepper
- ☐ 0.1 teaspoon salt
- ☐ 1 cups turkey cooked chopped
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ Wash the poblano and remove stems and seeds. Broil about 5 inches from heat or until blistered and soft. Quickly put in a zipper bag then seal and let cool.
- ☐ Remove from bag, peel of the skin and chop to make ½ cup.
- ☐ Combine chopped tortillas, flour, chili powder, cumin, 1/8 teaspoon salt, and pepper in bowl of a food processor and process until mixture is the consistency of very coarse cornmeal. Set aside.
- ☐ Saute onion and the 1/2 cup poblano in a large pot until onions are tender.
- ☐ Add garlic and sauté for another minute.
- ☐ Add butter and let it melt.
- ☐ Add tortilla-flour mixture to the pot and mix to form a roux. Slowly add the broth (about 1 cup at a time), stirring to make a thick soup. Cook 4–5 minutes stirring constantly. At this point, taste and adjust salt if necessary.
- ☐ Add half and half (or milk & cream) and bring to a slow simmer. Cook over low heat until soup is hot. Do not let it boil.
- ☐ Remove from heat and add the turkey. Spoon into bowls and top each serving with cheese.

Nutrition Facts



 **PROTEIN 34.54%**  **FAT 50.29%**  **CARBS 15.17%**

Properties

Glycemic Index:76.63, Glycemic Load:7.71, Inflammation Score:-7, Nutrition Score:18.602173929629%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg

Nutrients (% of daily need)

Calories: 561.27kcal (28.06%), Fat: 31.09g (47.84%), Saturated Fat: 10.94g (68.38%), Carbohydrates: 21.1g (7.03%), Net Carbohydrates: 18.31g (6.66%), Sugar: 3.11g (3.46%), Cholesterol: 121.29mg (40.43%), Sodium: 929.42mg (40.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.05g (96.09%), Selenium: 37.91µg (54.16%), Phosphorus: 417.17mg (41.72%), Zinc: 4.92mg (32.8%), Vitamin B3: 6.45mg (32.27%), Vitamin B12: 1.92µg (31.97%), Vitamin C: 25.94mg (31.44%), Vitamin B6: 0.62mg (31.16%), Vitamin K: 19.95µg (19%), Vitamin B2: 0.32mg (18.75%), Iron: 3.2mg (17.8%), Magnesium: 65.74mg (16.44%), Vitamin A: 767.08IU (15.34%), Potassium: 484.88mg (13.85%), Manganese: 0.24mg (11.86%), Fiber: 2.79g (11.16%), Vitamin E: 1.61mg (10.74%), Calcium: 101.79mg (10.18%), Copper: 0.18mg (9.17%), Vitamin B1: 0.11mg (7.09%), Folate: 21.22µg (5.31%), Vitamin B5: 0.41mg (4.08%), Vitamin D: 0.23µg (1.56%)