

Turkey Taco Soup



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup olives black sliced
- ☐ 15 ounce kidney beans rinsed drained canned
- ☐ 28 ounce canned tomatoes diced with juice canned
- ☐ 2 carrots cut into 1/4 inch rounds
- ☐ 2 stalks celery chopped
- ☐ 3.5 cups chicken broth
- ☐ 0.3 teaspoon chili powder
- ☐ 0.5 bunch cilantro leaves fresh divided chopped

- ☐ 1.5 cups regular corn frozen
- ☐ 5 cloves garlic chopped
- ☐ 1 chile pepper green halved lengthwise
- ☐ 0.3 teaspoon ground cumin
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 1.3 pounds pd of ground turkey
- ☐ 0.3 cup juice of lime
- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 0.3 teaspoon oregano dried
- ☐ 1 ounce taco seasoning
- ☐ 1 cup water as needed

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

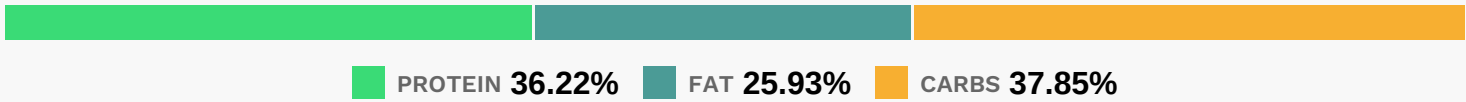
Directions

- ☐ 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, evenly browned, and no longer pink.
- ☐ Transfer turkey to a bowl; set aside.
- ☐ In the same skillet, stir in the onion; cook and stir until the onion is nearly translucent, about 5 minutes.
- ☐ Add the carrots and celery. Continue to cook and stir until tender, about 8 more minutes.
- ☐ Stir in the corn, garlic, taco seasoning, cumin, chili powder, dried oregano, and about 1/4 cup cilantro along with the cooked turkey. Cook and stir until fragrant, about 2 minutes.
- ☐ Mix in the tomatoes, kidney beans, green chile pepper, olives, chicken broth, water, and lime juice. Season with salt and black pepper. Bring to a boil, then reduce heat to low and continue to simmer for 20 minutes.

☐

Remove chile halves, and garnish with the remaining cilantro before serving.

Nutrition Facts



Properties

Glycemic Index:32.73, Glycemic Load:3.64, Inflammation Score:-10, Nutrition Score:16.788695817408%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 229.06kcal (11.45%), Fat: 6.93g (10.67%), Saturated Fat: 1.11g (6.94%), Carbohydrates: 22.78g (7.59%), Net Carbohydrates: 16.98g (6.18%), Sugar: 3.92g (4.36%), Cholesterol: 41.04mg (13.68%), Sodium: 1013.95mg (44.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.8g (43.6%), Vitamin A: 3038.07IU (60.76%), Vitamin B3: 8.15mg (40.75%), Vitamin B6: 0.78mg (39.11%), Phosphorus: 265.24mg (26.52%), Selenium: 17.41µg (24.87%), Fiber: 5.8g (23.19%), Manganese: 0.36mg (17.94%), Potassium: 578.62mg (16.53%), Magnesium: 54.82mg (13.71%), Zinc: 1.98mg (13.22%), Vitamin B2: 0.22mg (13.06%), Vitamin C: 10.15mg (12.3%), Vitamin B1: 0.18mg (12.05%), Iron: 2.02mg (11.22%), Vitamin K: 11.65µg (11.1%), Folate: 42.54µg (10.63%), Copper: 0.19mg (9.63%), Vitamin B5: 0.9mg (9.04%), Vitamin E: 1.13mg (7.51%), Vitamin B12: 0.38µg (6.37%), Calcium: 47.41mg (4.74%), Vitamin D: 0.28µg (1.89%)