

# Turkey & Vegetable Soup

11 ingredients · 50 minutes · 6 servings



## Directions

1. Heat the oil in a large pot over medium heat.
2. Add the onion and cook until it begins to soften, about 5 minutes. Add in the garlic, thyme and salt and continue cooking for one minute more.
3. Add the sweet potato, carrots, celery and turkey. Stir to combine then add the chicken broth to the pot along with the parsley.
4. Bring soup to a gentle boil then reduce the heat to low and cover with a lid. Simmer for 40 to 45 minutes or until the vegetables are very tender. Season with additional salt if needed. Serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1 1/2 cups of soup.

### More Flavor

Add a bay leaf or some red pepper flakes. Add in any other vegetables you'd like to!

### No Turkey

Use chicken breast instead.

## Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 Yellow Onion (chopped)
- 3 Garlic (clove, minced)
- 1 **tsp** Dried Thyme
- 1 **tsp** Sea Salt
- 1 Sweet Potato (peeled, cut into 1/2-inch cubes)
- 1 Carrot (peeled, chopped)
- 2 **stalks** Celery (chopped)
- 10 **1/2 ozs** Turkey Breast, Cooked (roughly chopped)
- 6 **cups** Organic Chicken Broth
- 1 **cup** Parsley (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	142	Vitamin A	5702IU
<b>Fat</b>	4g	Vitamin C	16mg
<b>Carbs</b>	10g	Calcium	59mg
Fiber	2g	Iron	2mg
Sugar	4g	Vitamin B12	0.9µg
<b>Protein</b>	18g	Magnesium	31mg
Sodium	1411mg	Zinc	1mg