

Southwest Turkey Soup

Adapted from 12 Best Foods Cookbook

Nutritional Information on back.



Fold or cut here to fit in recipe box.

Southwest Turkey Soup

- 1 Tbsp. extra virgin olive oil
- 2 cloves garlic, crushed
- ¼ tsp. cayenne pepper (or crushed red pepper flakes)
- ½ tsp. ground cumin
- Salt and freshly ground pepper, to taste
- 1 ½ cups cooked, shredded turkey
- 1 (28-oz.) can whole peeled tomatoes, drained
- 2 plum tomatoes, chopped
- 4 cups low fat, reduced-sodium chicken broth
- 1 (4-oz.) can chopped green chile peppers
- 1 tsp. lime juice
- 1 avocado, pitted, peeled and diced
- ¼ cup fresh cilantro, chopped, divided
- ¾ cup shredded, low fat Monterey Jack cheese
- 2 handfuls baked corn tortilla chips, roughly crushed
- 1 large onion, coarsely chopped
- 2 scallions, chopped, divided



Heat oil in large pot over medium heat. Sauté onion, garlic, half of the scallions and spices for about 5 minutes. Add turkey, canned tomatoes, fresh tomatoes, broth, chile peppers and lime juice. Bring to a boil, then reduce heat and simmer for 18 - 20 minutes. Stir in avocado and cilantro and simmer 15 - 20 minutes until slightly thickened. Spoon into bowls, top with shredded cheese, remaining scallions and cilantro. Add crushed tortilla chips just before serving. Makes 8 servings.

Nutritional information per serving

200 calories, 8 g total fat (2.5 g saturated fat), 12 g carbohydrate, 19 g protein, 3 g dietary fiber, 420 mg sodium.