

Ground Turkey Vegetable Soup

Ingredients:

1/2 pound lean ground turkey
 1 large onion
 1 medium potato
 2 carrots
 1/4 head cabbage
 4 cups water
 1 beef bouillon cube
 1/4 cup brown rice, long grain
 28 ounces canned tomatoes

Equipment:

Large saucepan
 Spatula
 Knife
 Cutting board
 Measuring cups

Number of Servings: 12
 Prep Time: 30 minutes
 Total time: 1 & 1/2 hours

Directions

1. Heat a large sauce pan to medium. Sauté ground turkey, using a spatula to stir and break it into small pieces, until no longer pink.
2. Remove ends from the onion, peel brown layers, and wash. Cut the onion in half lengthwise, and place the flat side on the cutting board. Chop the onion in small pieces. Add to the saucepan and cook until tender.
3. While the onion is cooking, wash and cut the potato into bite size pieces. Wash the carrots and cut into small slices, set aside.
4. Remove the outer leaves of the cabbage and wash. Place on a cutting board with the core facing up and cut in half, through the core. Lay the half on the flat side, and cut in half again, through the core. Lay the quarter cabbage on the flat side and cut out the white core center. Cut this section of cabbage into small slices, and set aside.
5. When the onion is tender, add water, the bouillon cube, potatoes, carrots and cabbage to the saucepan. Bring to a boil, and sprinkle the rice into the mixture.
6. Cover and simmer for one hour. Add canned tomatoes and return to a simmer. Serve.

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Nutrition Facts

Serving Size: 3/4 cup

Servings: 7

Amount Per Serving	
Calories 128	Calories from Fat 22
%Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	4%
Cholesterol 26mg	9%
Sodium 300mg	12%
Potassium 548mg	16%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	11%
Protein 8g	16%
Vitamin A 129%	Vitamin C 40%
Iron 8%	Calcium 6%

*Percent Daily Values are based on a 2,000 calorie diet.

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