



Turkey Taco Soup

Ingredients

- 1 pound ground turkey
- 1 jar chunky salsa
- 6 cups chicken broth or stock
- 1 package of taco seasoning
- 1 bag frozen or canned corn

Directions:

1. Over medium high heat, add ground turkey to a pot; Use a spoon to break up the meat
2. Add in half of taco seasoning; Stir; When ground turkey is cooked, pour in salsa and chicken broth; Mix
3. Cover and cook until the soup comes to a simmer, about 5 min; Add frozen or canned corn and the other half of the taco seasoning; Reduce heat to low
4. Cover and cook for about 20 min, stirring at the 10 min mark
5. Remove from heat and enjoy!

Equipment

Large pot

Cost:



Ease:



Health Benefit: Turkey is a great source of complete lean protein to support strong bones. Salsa is made with cooked tomatoes, which contain an antioxidant called lycopene. This antioxidant promotes bone health and protects against heart disease.