



Turkey, Bean, and Salsa Soup

Here's the next recipe in how to use ground turkey. This one will be thrown together and on the table in flash. It's a rich and hearty tasting soup that makes a great quick lunch or dinner. The serving size is for those of us with weight loss surgery but you can double the serving size for the rest of the family and keep them happy (and healthy) too.

Ingredients:

- 20 ounce package of Jennie-O lean taco seasoned ground turkey
- 6 cups low sodium chicken broth
- ½ cup of your favorite salsa
- 1 can cannellini beans rinsed and drained
- 1 inch chunk of parmesan cheese
- 8 ounces of baby spinach leaves
- 3 tablespoons chopped fresh parsley

Directions:

1. Cook the ground turkey until done in a skillet
2. In a large pot combine the turkey, chicken broth, salsa, beans and cheese.
3. Bring to a boil and immediately reduce heat to medium low.
4. Simmer for 5 minutes
5. Add spinach and cook until just wilted (about 1 minute)
6. Remove and discard the parmesan cheese chunk
7. Serve garnished with fresh parsley

Nutrition: Makes 6 servings each with approximately

- **200 calories and**
- **19 grams protein**