

Turkey Quinoa Vegetable Soup

Portion Size: 8 fl oz Yield: 8

Ingredients:

Canola Oil	2 tsp
Celery, chopped	¾ cup
Yellow Onion, chopped	1 cup
Carrots, peeled, chopped	1 cup
Garlic, chopped	1 ½ tsp
Thyme, fresh, chopped	2 tsp
Low Sodium Chicken Broth	1 qt
Cooked Turkey	12 oz
Quinoa, dry	3 oz
Kale, chopped	2 oz
Lemon Juice	2 tsp
Salt	½ tsp
Black Pepper	¼ tsp

Preparation:

1. In a soup pot, heat oil. Sweat celery, onions and carrot until translucent.
2. Stir in garlic and thyme. Cook until fragrant.
3. Add chicken broth to pot and bring up to a simmer.
4. Remove and discard skin from turkey. 1/2" dice turkey.
5. Stir turkey into simmering broth. Cook until a minimum internal temperature of 165°F is attained.
6. Stir in quinoa and kale. Cook just until quinoa is tender, about 7 minutes.
7. Remove soup from the heat. Stir in lemon juice, salt and pepper.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
130	12	13	2	2	3	<1	480



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