

## **Turkey Kale Soup**

A recipe my family enjoys!

Ingredients:

- ½ Onion, finely chopped
- 2 Shallots, chopped
- 3-4 Celery Stalks, chopped
- 4-5 Carrots, sliced
- 1 Red Pepper, chopped
- 1 can (14 ½ oz) seasoned, diced tomatoes (undrained)
- 4-6 cups Chicken or Vegetable broth
- 4 cups Kale
- 1 pound ground Turkey Breast
- Salt, Pepper, Garlic powder, Parsley, Herbs de Provence, to taste

Instructions:

- In large saucepan, sauté vegetables in olive oil until slightly softened. Remove from pan.
- Add Turkey to pan and cook until no longer pink. Add the sautéed vegetables, kale, chicken broth, and tomatoes to Turkey.
- Simmer for 15-20 minutes (or longer). Can be served over rice.

Sprinkle with parmesan cheese, if desired.