

# Southwestern Turkey Soup



Where service *and* savings matter.



**SERVINGS:** 8

## INGREDIENTS:

- 3 cups shredded cooked turkey
- 1 Tbsp fresh lime juice
- 4 cups **Food Club** fat free and reduced sodium chicken broth
- ½ tsp ground cayenne pepper
- 1 (28 oz) can **Food Club** whole peeled tomatoes
- ½ tsp ground cumin
- 1 (4 oz) can **United** chopped green chilis
- ½ tsp salt
- 1 (15 oz) can black beans
- ¼ tsp ground black pepper
- 1 (15.5 oz) can **Food Club** golden hominy
- 1 avocado – peeled, pitted & diced
- 2 roma tomatoes, chopped
- ½ tsp dried cilantro
- 1 medium yellow onion, chopped
- 1 cup **Food Club** finely shredded Monterey Jack cheese
- 2 cloves garlic, crushed

## NUTRITIONALS

Nutritional analysis per serving:  
calories 280, calories from fat 100,  
total fat 11g, saturated fat 4g, trans  
fat 0g, cholesterol 50mg, sodium  
1190mg, total carbohydrate 25g,  
dietary fiber 6g, sugars 5g, protein  
25g, vitamin A 20%, vitamin C 35%,  
calcium 15%, iron 25% (Sodium  
level could be reduced by omitting  
salt & using low sodium canned  
products in recipe.)

## DIRECTIONS:

1. In a large pot over medium heat, combine turkey, broth, canned tomatoes, green chilies, beans, hominy, fresh tomatoes, onion, garlic & lime juice. Season with cayenne, cumin, salt & pepper.
2. Bring to a boil, then reduce heat & simmer 15 to 20 minutes.
3. Stir in avocado & cilantro; simmer 15 to 20 minutes, until slightly thickened.
4. Spoon into serving bowls & top with shredded cheese.

Source: adapted from [www.allrecipes.com](http://www.allrecipes.com)

visit [unitedtexas.com](http://unitedtexas.com) for more recipe ideas

## ★ Southwestern Turkey Soup ★ Shopping List

### PRODUCE:

- 1 lime
- 1 avocado
- 2 roma tomatoes
- 1 medium yellow onion
- 2 cloves garlic

### MEAT/POULTRY/SEAFOOD:

- 12-oz turkey meat

### DAIRY:

- 8 oz Food Club finely shredded Monterey jack cheese

### SPICES/SEASONINGS:

- Cayenne pepper
- Cumin
- Salt
- Pepper
- Cilantro

### GROCERY/FROZEN/ MISCELLANEOUS:

- 2 cans Food Club fat free and reduced sodium chicken broth
- 1-28 oz can Food Club whole peeled tomatoes
- 1-4 oz can United chopped green chilis
- 1-15 oz can black beans
- 1-15 oz can Food Club golden hominy

FOLD