

# Rio Grande Turkey Soup

## Soup of the Month – November 2012



Talking about turkey. Skinless turkey breast is a lean protein choice that works well in place of chicken breast.

**Prep Time:** 25 Min

**Start to Finish:** 25 Min

**Makes:** 6 servings

### INGREDIENTS

- 1 can (14 oz.) reduced-sodium chicken broth
- 2 cans (14 oz. each) no-salt-added whole tomatoes, un-drained, cut up
- 1 1/2 cups chunky-style salsa
- 1/2 cup water
- 2 to 3 teaspoons chili powder
- 1 3/4 cups frozen southwestern-style corn, black beans, red bell peppers and onions (from 19-oz bag)
- 1 cup uncooked cavatappi pasta (3 oz.) (corkscrew pasta)
- 2 cups cut-up cooked turkey or chicken
- 1/4 cup chopped fresh parsley

### DIRECTIONS

1. In 4-quart pan, heat broth, tomatoes, salsa, water and chili powder to boiling, breaking up tomatoes. Stir in vegetables and pasta. Heat to boiling.
2. Reduce heat; simmer uncovered about 12 minutes, stirring occasionally, until pasta and vegetables are tender. Stir in turkey and parsley; cook until hot.

**Recipe Provides:** Grains 1oz-equivalents, Meat & Beans 2oz-equivalents, Vegetables 3/4c

### NUTRITION INFORMATION PER SERVING

|                      |           |                            |      |                           |       |
|----------------------|-----------|----------------------------|------|---------------------------|-------|
| <b>Serving Size:</b> | 1 Serving | <b>Calories:</b>           | 230  | <b>Calories from Fat:</b> | 15    |
| <b>Total Fat:</b>    | 1 1/2 g   | <b>Saturated Fat:</b>      | 0 g  | <b>Cholesterol:</b>       | 40 mg |
| <b>Sodium:</b>       | 750 mg    | <b>Total Carbohydrate:</b> | 33 g | <b>Dietary Fiber:</b>     | 4 g   |
| <b>Sugars:</b>       | 9 g       | <b>Protein:</b>            | 20 g |                           |       |



This recipe adapted from [WWW.eatbetterearly.com](http://WWW.eatbetterearly.com)