



Turkey and White Bean Spinach Soup

Servings: 6 servings

Prep Time: 5 mins

Cook Time: 25 mins

Total Time: 30 mins

Ground Turkey simmered in savory chicken broth with white beans, spinach, and simple seasonings. A healthy, protein-packed meal that will leave you feeling comforted and satisfied!

Ingredients

- 1 Tablespoon olive oil
- 1 Tablespoon minced garlic
- ½ cup diced yellow onion
- 4 cups chicken broth
- Salt/pepper, to taste
- 1 pound ground turkey
- 1 Tablespoon lemon juice
- ½ teaspoon thyme
- 2 cups fresh spinach
- 15.5 oz. Cannellini Beans, drained/rinsed
- ¼ cup Parmesan, shaved, to garnish

Instructions

1. In a large soup pot or Dutch oven, heat the olive oil over medium heat. Add the onions and garlic and cook until they are soft and translucent, about 5 minutes.
2. Add the chicken broth to the pot and bring to a light boil.
3. Season the raw turkey with desired amounts of salt and pepper. Drop them into the broth in bite-sized pieces. You can roll them neatly or just drop in pieces.
4. Add in the lemon juice and thyme, and let the soup bubble gently for about 15 minutes
5. Reduce the heat to medium-low. When you're ready to serve, add the spinach and Cannellini beans and simmer until the spinach is wilted, about 2 minutes.
6. Top each bowl with Parmesan cheese if desired and serve! (This soup is delicious with crusty bread!)

Nutrition

Calories: 194kcal, Carbohydrates: 14g, Protein: 24g, Fat: 5g, Saturated Fat: 1g, Cholesterol: 45mg, Sodium: 841mg, Potassium: 423mg, Fiber: 3g, Vitamin A: 995IU, Vitamin C: 16.4mg, Calcium: 117mg, Iron: 2.8mg

Course: Soup

Cuisine: American

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