

Recipe – Turkey & Vegetable Soup

Ingredients:

- 1 lb of ground turkey
- 16 tomatoes, chopped
- 3 red onions, chopped
- 2 yellow peppers, chopped
- 11 carrots, chopped
- 2 generous soup spoons of black beans
- 6" of fresh rosemary
- A few leaves of basil, to taste
- A small sprinkle of salt (optional)
- Olive oil to coat a sauté pan

Directions:

Coat pan with olive oil

Brown the ground turkey and set aside

Sauté all the vegetables until soft

Add turkey to the sautéed vegetables

Add rosemary, basil and salt

Cover and simmer a few minutes to allow flavors to infuse