

## Ground Turkey and Vegetable Soup

- 1 tablespoon olive oil
- 1 lb grass-fed ground turkey
- 2 teaspoons garlic, minced
- 1 teaspoon Italian seasoning
- Himalayan sea salt and pepper
- ½ cup red onions, diced
- 1 ¼ cup parsnip, diced
- ¾ cup celery, diced
- 6 cups chicken broth
- ½ cup crushed tomato (can, NO sugar added)
- 1 tablespoon green onions — chopped



1. In a large pot over high heat, add olive oil. When the oil is hot, turn the heat down to medium. Add ground turkey, garlic, Italian seasoning, salt and pepper. Using a wood spoon breaking up the turkey while it cooks. It is about 7 mins.
2. When the ground turkey is no longer pink, add red onions, parsnip and celery. Cook for about 5 minutes.
3. Add chicken broth, crushed tomato and bring it to a boil. Cook for about 10 to 15 mins. Taste and add any extra seasonings, if necessary. Garnish with green onions.

Serving Size = 3 ounces of turkey and 2 cups of vegetables

