



Turkey, Cabbage & Pumpkin Soup

2 servings

40 minutes

Ingredients

- 1 tsp Avocado Oil
- 10 ozs Extra Lean Ground Turkey
- 1 1/2 cups Green Cabbage (thinly sliced)
- 2 Carrot (medium, julienned)
- 1 1/2 tsps Turmeric
- 12 fl ozs Bone Broth
- 1/2 cup Pureed Pumpkin
- 1 cup Canned Coconut Milk (full fat)
- 1/4 cup Parsley (optional for garnish)
- 1/2 Lime (juiced)

Nutrition

Amount per serving	
Calories	610
Fat	41g
Carbs	24g
Fiber	7g
Sugar	10g
Protein	37g
Cholesterol	131mg
Sodium	482mg
Potassium	1020mg
Vitamin C	48mg
Calcium	143mg
Iron	6mg
Vitamin D	20IU
Folate	71µg
Vitamin B12	1.7µg
Magnesium	69mg
Zinc	4mg

Directions

- 1 Heat the oil in a pot over medium heat. Once hot, add the turkey. Cook, stirring often until the turkey is cooked through, about ten minutes. Add the cabbage, carrots, and turmeric. Stir and cook for another five minutes.
- 2 Add the broth and pumpkin purée. Stir and bring to simmer. Turn the heat down, cover the pot with a lid, and simmer for about 15 minutes.
- 3 Uncover the pot, add the coconut milk, and simmer for another five minutes.
- 4 Divide the soup between serving bowls. Top with parsley and lime juice. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add garlic and onion powder.

No Bone Broth: Use broth of choice.