



*Healthy Recipe*

**TURKEY and VEGETABLE SOUP**

1-1/2 Qt.	Low sodium chicken broth	2 Tbsp.	Cornstarch
2-3/4 oz.	Tomatoes, diced, canned, no salt added	1 oz.	Yellow onions, diced
1 oz.	Celery, diced	2 tsp.	Margarine
1 oz.	Carrots, diced	1-3/4 oz.	Corn, frozen
1-3/4 oz.	Green Beans, cut	2 tsp.	Parsley, fresh
3-1/4 oz.	Turkey meat, diced	Dash	White pepper, fround
1/8 tsp.	Kosher salt		

Prepare low sodium chicken broth. In a large kettle, sweat celery, onion, and carrot in margarine for 10-12 minutes, until soft. Add 1-1/4 qt. of low sodium chicken broth, tomatoes, green beans, corn, turkey, parsley, salt and pepper. Simmer for 10 minutes until green beans are tender. Combine remaining low sodium chicken broth with cornstarch, mix until smooth. Bring soup to a boil. Stir in cornstarch slurry.

**Nutrition information per 6 oz. serving**

70 calories, 2 gm fat, 10 mg cholesterol, 210 mg sodium, 7 gm carbohydrate

**Yield: 8 servings**

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