



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

TURKEY TACO SOUP

No stick cooking spray	1 can (15 ounces) kidney beans, drained and rinsed
1 pound 93% lean ground turkey	1 package (15 ounces) frozen corn
1 medium onion, chopped	1 can (10 ounces) tomatoes with chiles (Rotel)
1 bell pepper, seeded and chopped	1 can (8 ounces) tomato sauce
2 ½ cups low-sodium chicken broth	1 package (1 to 1.25 ounce) taco seasoning mix
1 can (16 ounces) fat-free refried beans	

Toppings of Your Choice: Tortilla Chips, Dairy Sour Cream, Minced Jalapenos, Shredded Cheddar Cheese, Chopped Scallions, Chopped Onions, Chopped Fresh Cilantro

1. Coat stockpot with cooking spray. Crumble ground turkey into the pot and cook over medium heat; stirring with wooden spoon to break up meat into small pieces, until meat is browned, and no pink remains.
2. Add onion and bell pepper; cook stirring often for 2 to 3 minutes.
3. Add chicken broth, refried and kidney beans, corn, tomatoes, tomato sauce and taco seasoning mix; bring to a boil. Reduce heat, cover, and simmer for about 10 to 15 minutes.
4. Ladle soup into serving bowl and serve with your choice of toppings.

Makes 8 servings.

Note: Freeze leftovers in individual portions for future meals.

