

Missouri

Smoked Turkey and Bean Soup

Featured Food: Turkey

Makes: 4 servings

Ingredients

- ? cup onions, diced
- ? cup celery, diced
- ? cup carrots, peeled, diced
- 1 ½ cups kale, no stems, chopped
- 1 tablespoon tomato paste
- 1 clove garlic, minced
- 1 tablespoon oil
- 4 cups low-sodium chicken stock
- 1 ¾ cups canned low-sodium navy beans, drained, rinsed
- ½ teaspoon salt
- black pepper to taste
- 1 cup smoked turkey breast, ¼ inch pieces
- 2 teaspoons fresh thyme, chopped
- 2 teaspoons fresh basil, chopped
- 2 teaspoons fresh parsley, chopped



Directions

1. Place onions, celery, carrots, kale, tomato paste, and garlic in a large pot coated with oil. Cook over medium-high heat. Stir frequently. Cook until vegetables are softened and onions are translucent.
2. Add chicken stock, beans, salt, and black pepper.
3. Reduce temperature to low heat. Cover and simmer for 20 minutes. Stir occasionally.
4. Add turkey, thyme, basil, and parsley. Stir well. Simmer a minimum of 10 minutes.

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