

Fall Harvest Soup

Servings: 4 - 6

Prep time: 15 minutes

Cook time: 30 - 40 minutes

Ingredients:

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 1 pound ground turkey
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 4 cups chicken broth (or vegetable broth for a vegetarian option)
- 2 medium potatoes, peeled and cubed
- 1 cup chopped kale or spinach

Directions:

Step 1

Sauté Vegetables and Turkey: Heat olive oil in a large pot or Dutch oven over medium heat. Add onion, carrots, and celery. Cook, stirring occasionally, for 5-7 minutes, or until softened.

Step 2

Cook Turkey: Add ground turkey to the pot and cook, breaking it up with a spoon, until browned.

Step 3

Add Aromatics and Simmer: Add garlic, thyme, salt, and pepper. Stir to combine. Pour in chicken broth. Bring to a simmer, then reduce heat to low, cover, and simmer for 15-20 minutes, or until potatoes are tender.

Step 4

Add Greens: Stir in kale or spinach. Cook for 5-7 minutes more, or until greens are wilted.

Step 5

Serve: Ladle soup into bowls and enjoy!

Tips and Variations

- **Add-ins:**

- o For a richer flavor, add a tablespoon of tomato paste along with the diced tomatoes.
- o Add a pinch of red pepper flakes for some heat.
- o Include a bay leaf while simmering, then remove before serving.
- o Consider adding a can of white beans (such as cannellini or great northern) for extra protein and creaminess.

- **Make Ahead:** This soup can be made ahead of time and stored in the refrigerator for up to 3 days. Reheat gently on the stovetop.