

Hearty Turkey and Squash Soup

This recipe is packed with flavor, lean protein and healthy veggies, with just a little kick from the crushed red pepper. Enjoy a warm bowl of soup and keep your heart happy!

Ingredients

- 2 teaspoons canola oil
- 2 leeks, trimmed, chopped and rinsed
- 1 red bell pepper, chopped
- 3 cloves garlic, minced
- 4 cups reduced-sodium chicken broth
- 1½ pounds butternut squash peeled, seeded and cut into 1-inch cubes
- 2 teaspoons fresh thyme, minced (or ¼ teaspoon dried thyme)
- 1½ teaspoons ground cumin
- 1 pound turkey cutlets, cut into ½-by-2-inch strips
- 2 cups frozen corn kernels
- 2 tablespoons lime juice
- ½ teaspoon crushed red pepper
- ¼ teaspoon salt
- Freshly ground pepper, to taste

Preparation

Prep time: 35 minutes **Yield:** 6 servings

1. Heat oil in a Dutch oven over medium-high heat.
2. Add leeks and bell pepper; cook, stirring often, until the vegetables begin to soften, 3 to 4 minutes.
3. Add garlic and cook, stirring, for 1 minute more.
4. Stir in broth, squash, thyme and cumin; cover and bring to a boil.
5. Reduce heat to medium-low and cook until the vegetables are tender, about 10 minutes.
6. Add turkey and corn; return to a simmer and cook until the turkey is just cooked through, 3 to 4 minutes.
7. Add lime juice and crushed red pepper. Season with salt and pepper.

Nutrition

Calories: 231 | Fat: 3g | Protein: 24g | Carbs: 24 g | Chol: 30 mg | Sodium: 550 mg



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