

Creamy Mexican Turkey Soup

Yield: 5 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-turkey-soup>

Ingredients:

- 1 tablespoon vegetable oil I used canola
- 1 carrot large, chopped
- 1 stalk celery chopped
- 1 cup yellow onion chopped
- 2 cloves garlic minced
- 3 cups chicken stock or broth
- 1 can green chilies diced, drained
- 2 cups 1% milk I used skim milk
- 1/4 cup all purpose flour
- 1 teaspoon salt
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 2 cups turkey shredded
- 3/4 cup corn fresh or frozen
- 3 tablespoons chopped fresh cilantro
- 1 cup Monterey Jack cheese grated

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 55 milligrams
4. Fat: 16 grams
5. Fiber: 3 grams
6. Protein: 23 grams
7. SaturatedFat: 6 grams
8. Sodium: 890 milligrams
9. Sugar: 12 grams

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