

Smoky Turkey and Black Bean Soup

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-black-bean-soup-recipe-chinese>

Ingredients:

- 1 1/2 pounds turkey cutlets
- 10 ounces frozen chopped spinach no need to thaw
- 1 cup frozen corn
- 1 onion small, peeled and diced
- 15 ounces black beans use the whole can; there's no additional salt added
- 28 ounces diced tomatoes the whole can
- 1 tablespoon italian seasoning
- 1 tablespoon Tabasco Sauce
- 1 teaspoon liquid smoke
- 4 cups chicken broth
- salt to taste if needed at the table

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 70 milligrams
4. Fat: 3 grams
5. Fiber: 7 grams
6. Protein: 38 grams
7. Sodium: 530 milligrams
8. Sugar: 5 grams

Thank you for visiting our website. Hope you enjoy Smoky Turkey and Black Bean Soup above. You can see more 16 healthy black bean soup recipe chinese Prepare to be amazed! to get more great cooking ideas.