

Italian Turkey Soup

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-italian-white-beans-and-spinach-dish>

Ingredients:

- extra-virgin olive oil
- 8 ounces ground turkey breast
- 1 medium onion small-, diced
- 4 garlic cloves minced
- 1 tablespoon Italian seasoning
- kosher salt
- black pepper
- 15 ounces canned diced tomatoes
- 15 ounces white beans Cannelini, Great Northern, etc drained and rinsed
- 28 ounces chicken broth
- 1 teaspoon oregano
- 1/2 teaspoon basil
- 1 tablespoon dried parsley or about 1/4 cup fresh
- 6 cups fresh spinach
- freshly grated Parmesan cheese

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 45 milligrams
4. Fat: 12 grams
5. Fiber: 9 grams
6. Protein: 25 grams
7. SaturatedFat: 3 grams
8. Sodium: 540 milligrams
9. Sugar: 1 grams

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