

Italian Turkey Burger Soup

Yield: 6 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-italian-turkey-burger-recipe>

Ingredients:

- 1 1/2 pounds ground turkey breast
- 1 onion large large, chopped
- 3 cloves garlic finely minced
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 1/2 cups carrots sliced
- 1 1/2 cups celery sliced
- 1 can diced tomatoes not drained 28 oz
- 3 cups beef broth
- 4 tablespoons tomato paste
- 1 tablespoon fresh basil or 1 tsp. dry
- 1 tablespoon fresh oregano or 1 tsp dry
- 1 tablespoon fresh thyme or 1 tsp dry
- 1/2 teaspoon chili pepper flakes
- 1/4 cup fresh parsley

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 90 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 22 grams
7. SaturatedFat: 3 grams
8. Sodium: 830 milligrams
9. Sugar: 5 grams

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