

# Gluten-Free Turkey Soup

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/stew-ribs-chinese-recipe>

## Ingredients:

- 1 1/2 pounds turkey breast fresh, skin on
- 4 cloves garlic chopped
- 1/2 red onion finely dived
- 2 ribs celery, trimmed and chopped
- 4 carrots large, sliced, I plan on one carrot per person
- 1/2 winter squash a medium-large, peeled and cubed, butternut, banana, etc
- ground pepper
- sea salt
- herbs Italian style, to taste, basil, rosemary, thyme, marjoram
- 1 tablespoon balsamic vinegar
- cold water Fresh, as needed
- chopped parsley Fresh, for serving

## Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 205 milligrams
4. Fat: 26 grams
5. Fiber: 4 grams
6. Protein: 78 grams
7. SaturatedFat: 9 grams
8. Sodium: 400 milligrams
9. Sugar: 5 grams

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