



**GREEN  
CHEF**

## CREAMY ANCHO TURKEY SOUP

*cabbage, roasted red peppers, tomato, cotija, toasted pepitas*

### COOK TIME

25 MIN

### SERVINGS

2

### CALORIES PER SERVING

610

### NET CARBS PER SERVING

16 GRAMS

### MENU

KETO // GLUTEN-FREE //  
FAST & FIT

Our ancho-cumin spice blend adds a swirl of earthy, smoky warmth to this creamy, veggie-loaded turkey soup. It's brimming with ground turkey, cabbage ribbons, and sweet roasted red peppers, all simmered in a creamy mushroom broth for earthy richness. Each steaming bowl can be customized with a cornucopia of toppings: fresh tomato, salty cotija, toasted pepitas, and fragrant cilantro.

### INGREDIENTS (11 ITEMS)

1 whole	<b>Yellow onion</b>
¼ oz	<b>Garlic</b>
3½ oz	<b>Cabbage</b>
¼ oz	<b>Cilantro</b>
1 whole	<b>Roma tomato</b>
10 oz	<b>Ground turkey*</b>
2¼ oz	<b>Roasted red peppers</b>
1¼ tsp	<b>Ancho-cumin spice blend</b>
6 oz	<b>Creamy mushroom broth</b> <small>M</small>
½ oz	<b>Pepitas</b>
¾ oz	<b>Cotija cheese</b> <small>M</small>

### WHAT YOU'LL NEED

large pot  
small sauté pan  
measuring cup & spoons  
cooking oil  
salt & pepper

### ALLERGENS

M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

\*Ground turkey is fully cooked when it's no longer pink.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

## PREP

- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Mince **garlic**.
- Roughly chop **cabbage\*** if necessary.
- De-stem **cilantro**; roughly chop leaves.
- Small dice **Roma tomato** into pieces, about ¼ inch each.

*\*The ingredient you received may be a different color.*

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2

## START SOUP

- Heat 1½ tablespoons cooking oil in a large pot over medium-high heat. Add **ground turkey** to hot pot. Cook 3-4 minutes, or until lightly browned, breaking up **turkey** into pieces.
- Add **onion** and **garlic**. Season with ½ teaspoon salt and ¼ teaspoon pepper. Cook 2-3 minutes, or until onion is translucent, stirring occasionally.

3

## ADD VEGGIES

- Add **cabbage** and **roasted red peppers** to pot. Season with **ancho-cumin spice blend\***. Cook 3-4 minutes, or until cabbage begins to soften, stirring occasionally.

*\*If heat sensitive, use ancho-cumin spice blend sparingly.*

4

## FINISH SOUP

- Add **creamy mushroom broth**, about half the **cilantro**, and about 1 cup water to pot. Stir to combine. Bring to a boil, then reduce heat to medium low. Simmer about 5 minutes, or until turkey is fully cooked and broth has slightly reduced, stirring occasionally. Season with salt and pepper to taste.\*

*\*Taste the soup after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious dish.*

5

## TOAST PEPITAS

- Place **pepitas** in a dry, small sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pepitas** to a cutting board and allow to cool. Roughly chop.

6

## PLATE YOUR DISH

- Divide **creamy ancho turkey soup** between bowls. Garnish with **tomato**, **cotija cheese**, **toasted pepitas**, and remaining **cilantro**. Enjoy!



# Nutrition Facts

2 Servings per container

Serving size (484g)

Amount per serving

Calories 610

	% Daily Value*
<b>Total Fat</b> 49g	63%
Saturated Fat 18g	90%
Trans Fat 0g	
<b>Cholesterol</b> 145mg	48%
<b>Sodium</b> 1370mg	60%
<b>Total Carbohydrate</b> 21g	8%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
<b>Protein</b> 38g	
Vitamin D 1mcg	6%
Calcium 110mg	8%
Iron 3mg	15%
Potassium 822mg	15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## All ingredients in this recipe:

**Ground Turkey** [turkey], **Ancho-Cumin Spice Blend** (Ancho Chili Powder, Smoked Paprika, Cinnamon, Ground Cumin, Dried Orange Peel, Granulated Garlic, Sweet Paprika, Dried Oregano), **Creamy Mushroom Broth** (Whipping Cream [organic grade A cream (milk), carrageenan], Mushroom Broth [water, organic mushrooms, sea salt, organic garlic], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Lemon Juice [lemon], Sea Salt, Black Pepper, Ascorbic Acid [ascorbic acid]), **Green Cabbage**, **Cilantro**, **Yellow Onion**, **Garlic**, **Roasted Red Peppers** [bell pepper], **Roma Tomatoes**, **Cotija Cheese** [pasteurized milk, salt, cheese cultures, enzymes, cellulose], **Pepitas** [pumpkin seed kernels]

## Allergen information:

Contains Milk

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.