



SPICY SOUTHWEST TURKEY SOUP

celery, bell pepper, cilantro-lime crema, cheddar, pepitas

COOK TIME 35 MIN	SERVINGS 2	CALORIES PER SERVING 610	NET CARBS PER SERVING 17 GRAMS	MENU KETO // GLUTEN-FREE
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What sets this hearty soup apart from the rest? An array of flavors and textures. Ground turkey is simmered in a spicy broth featuring ancho, cumin, oregano, and as much Cholula sauce as you like. Celery, bell pepper, and roasted red peppers add more savory notes. Then, the toppings: spiced cilantro-lime crema and sharp cheddar cheese for cooling contrast, fresh Roma tomato for brightness, and toasted pepitas for a light crunch on top.

INGREDIENTS (12 ITEMS)

- 1 whole **Yellow onion**
- 1¼ oz **Celery**
- 1 unit **Green bell pepper**
- 1 whole **Roma tomato**
- ½ oz **Pepitas**
- 2¼ oz **Roasted red peppers**
- 10 oz **Ground turkey***
- 1½ oz **Tomato paste**
- 1¾ tsp **Ancho, cumin & oregano blend**
- 2 tsp **Cholula sauce**
- 2¼ oz **Spiced cilantro-lime crema** M
- 2 oz **Sharp cheddar cheese** M

WHAT YOU'LL NEED

- medium pot
- measuring cup & spoons
- thermometer
- cooking oil
- salt & pepper

ALLERGENS

M MILK

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

Validate My Gluten Free Safe Spot
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 internal temperature reaches 165 degrees.

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; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Slice **celery** across into pieces, about ¼ inch each.
- Medium dice **green bell pepper*** into pieces, about ½ inch each.
- Medium dice **Roma tomato** into pieces, about ½ 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 **TOAST PEPITAS**

- Place **pepitas** in a dry, medium pot over medium heat. Toast 2-3 minutes, or until fragrant, shaking pot frequently.
- Transfer **pepitas** to a plate and allow to cool.

3 **START SOUP**

- Heat about 2 tablespoons cooking oil in pot used for pepitas over medium-high heat. Add **onion** and **celery** to hot pot. Cook 3-4 minutes, or until lightly browned, stirring occasionally.
- Add **bell pepper** and **roasted red peppers**. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine. Cook 4-5 minutes, or until bell pepper is tender, stirring frequently.

4 **SAUTÉ TURKEY**

- Add **ground turkey** to pot. Cook 3-4 minutes, or until fully cooked, breaking up **turkey** into pieces.

5 **FINISH SOUP**

- Add **tomato paste, ancho, cumin, and oregano blend**, and half the **Cholula sauce*** to pot. Season with about ¼ teaspoon salt. Stir to combine. Cook 1-2 minutes, or until turkey is thoroughly coated.
- Add about 2 cups water. Reduce heat to medium low. Simmer 8-10 minutes, or until flavors meld, stirring occasionally. Season with salt and pepper to taste.**

**If heat sensitive, use Cholula sauce sparingly, or omit entirely.*

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

6 **PLATE YOUR DISH**

- Divide **spicy Southwest turkey soup** between bowls. Drizzle with **spiced cilantro-lime crema** to taste. Garnish with **sharp cheddar cheese, tomato, pepitas**, and remaining **Cholula sauce** to taste (or omit). Enjoy!



Nutrition Facts

2 Servings per container

Serving size (470g)

Amount per serving

Calories **610**

	% Daily Value*
Total Fat 41g	53%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 1150mg	50%
Total Carbohydrate 22g	8%
Dietary Fiber 5g	18%
Total Sugars 10g	
Includes 0 Added Sugars	0%
Protein 43g	
Vitamin D 1mcg	6%
Calcium 288mg	20%
Iron 3mg	15%
Potassium 1158mg	25%

* 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], **Bell Peppers**, **Pepitas** [pumpkin seed kernels], **Tomato Paste** [tomato paste, citric acid], **Yellow Onion**, **Roasted Red Peppers** [bell pepper], **Roma Tomatoes**, **Cholula Sauce** [water, peppers (arbol & piquin), salt, vinegar, garlic powder, spices, xanthan gum], **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)], **Celery**, **Ancho**, **Cumin & Oregano Blend** (Granulated Garlic, Onion Powder, Ground Cumin, Ancho Chili Powder, Dried Oregano, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices]), **Cilantro-Lime Crema** (Cilantro, Sour Cream [cultured cream], Lime Juice [lime], Sea Salt, Ground Coriander, Granulated Garlic)

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.