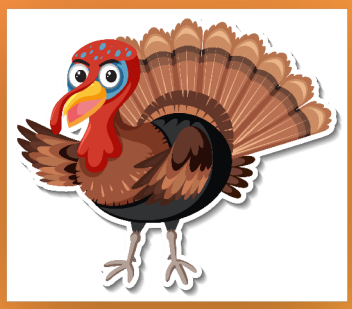
MINICHEF RECIPES

by Noah - Healthy & Fun Cooking for Kids

Turkey Tortilla Soup



A Hearty & Nutritious Meal 🍲 Warm, flavorful, and full of goodness

PREP TIME	COOK TIME	SERVINGS
10 min	25 min	4

🛒 Ingredients

- **1 pound** Ground turkey
- **1** Onion, chopped
- **2 cloves** Garlic, minced
- **1 cup** Bell peppers, diced
- **1 can** Diced tomatoes
- **1 cup** Corn kernels
- **1 cup** Black beans
- **4 cups** Chicken broth

- **1 tbsp** Taco seasoning
- **1 cup** Tortilla strips

Directions

1. **Sauté base:** In a large pot, sauté turkey, onion, and garlic until turkey is browned.
2. **Add veggies:** Add bell peppers, tomatoes, corn, and black beans.
3. **Pour broth:** Pour in chicken broth and stir in taco seasoning.
4. **Simmer:** Simmer for 20-25 minutes until flavors meld together.
5. **Serve hot:** Top with tortilla strips and serve hot. Enjoy!

Nutrition Info

CALORIES	PROTEIN
380	27g

CARBS	FAT
28g	12g

Pro Tips

- Add shredded cheese on top for extra creaminess
- Garnish with avocado slices for healthy fats
- Sprinkle with fresh cilantro for brightness
- Freezer-friendly - stores up to 3 months