Hendrix

Turkey Vegetable Chili Soup

Ingredients

2 tbsp	Olive Oil
1 lb	Lean Ground Turkey
1 ea	Onion, Chopped
4 ea	Garlic Glove, Minced
2 ea	Celery Stalks, Chopped
1 ea	Sweet Red Pepper, Chopped
2 ea	Carrots, Chopped
1/2 tsp	Ground Cumin
1 tbsp	Chili Powder
1 tbsp	Chopped Fresh Oregano
1/2 tsp	Hot Chili Flakes
2 cups	Chicken Stock
2 cups	Water
2 tbsp	Tomato Paste
1 can	Tomatoes (28oz)
1 can	Red Kidney Beans (19oz)
1 cup	Corn Kernels
1 ea	Medium Zucchini, Chopped
	Sea Salt to Taste
Garnish:	Chopped Cilantro or Parsley

Preparation

In a small stock pot, heat 1 tbsp of olive oil over a medium heat. Add turkey and cook until no longer pink, (about 5 minutes), breaking up the turkey as it cooks. Drain off any fat!

Add remaining oil, onion, garlic, celery, red pepper and carrots: Saute for 4 minutes. Stir in cumin, chili powder, oregano and chili flakes and cook for 2 minutes.

Add stock, water, tomato paste and tomatoes with juice; bring to a boil. Reduce heat, cover and simmer for 30 minutes, stirring occasionally.

Add beans, corn and zucchini and simmer for 15 minutes longer. Season with sea salt to taste. Serve garnished with cilantro or parsley.