

Turkey Taco Soup

Mexican-American

A high-protein, low-calorie taco-style soup made with lean ground turkey, beans, tomatoes, and broth. Flavorful and filling while staying diet friendly.

Ingredients:

Protein:

- * 1 lb lean ground turkey (93%–99% lean)

Soup Base:

- * 4 cups chicken broth (low sodium recomm...)
- * 1 can diced tomatoes (14–15 oz)

Vegetables & Beans:

- * 1 cup onion (diced)
- * 1 can black beans (drained and rinsed)
- * 1 cup corn (drained if canned)

Seasonings:

- * 1 packet taco seasoning (or about 2 tables...)
- * salt (to taste)
- * black pepper (to taste)

Finishing:

- * 1 tablespoon lime juice (fresh squeezed)
- * 2 tablespoons cilantro (chopped)



Instructions:

1. In a large pot cook the ground turkey and diced onion over medium heat until browned.
2. Add taco seasoning and stir to coat the meat.
3. Add diced tomatoes, black beans, corn, and chicken broth.
4. Bring to a simmer and cook for about 20 minutes.
5. Stir in lime juice and cilantro just before serving.
6. Taste and adjust salt and pepper if needed.

Notes:

Finishing with lime juice and cilantro brightens the flavor without adding calories.

Servings: 6 | Serving size: 1 bowl | Calories: 220 | Protein: 22g