

Hearty Turkey Cabbage Soup

Ingredients:

1 tablespoon olive oil	40 oz. low sodium chicken broth
2 carrots, diced	1 (14.5 oz.) can diced tomatoes
2 celery stalks, diced	1 (15.5 oz.) can great northern beans, rinsed and drained
1 medium onion, diced	1/4 teaspoon black pepper
1/2 cabbage, roughly chopped	1/2 teaspoon dried oregano
1/2 pound ground turkey or lean turkey breakfast sausage	

Directions:

1. Heat 1 tablespoon olive oil in large soup pot. Add carrots, celery, and onion. Sauté over medium-high heat for 3 minutes or until onions are clear. Remove from pan and set aside.
2. Add turkey to pot and cook until brown, about 6–7 minutes. Add carrots, celery, and onions back to pot and mix.
3. Add remaining ingredients and bring to a boil. Reduce heat and simmer for 30 minutes.
4. Serve and enjoy!

Nutrition Facts	
Serving Size 1 cup (312g)	
Servings Per Container 9	
Amount Per Serving	
Calories 110	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 95mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 9g	
Vitamin A 35%	Vitamin C 25%
Calcium 8%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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Source: American Diabetes Association

