

Turkey Quinoa Soup

This is a great soup for a cold day! The ground turkey and quinoa add a lot of protein to this flavorful soup!

Equipment

- Large Soup Pot
- Sauté Pan

Ingredients

- 1 lb ground turkey
- 2 tbsp avocado oil
- 1 1/2 cups chopped red bell pepper (1 large bell pepper)
- 1 1/2 cups sliced carrots
- 4 cups diced potatoes (about 1/2" cubes)
- 6 cloves garlic (minced)
- 1 1/2 cup chopped onion (1 medium onion)
- 8 cups low sodium vegetable broth (two 32 oz. containers)
- 3 cups water
- 3/4 cup quinoa
- 1/3 cup creamy peanut butter
- 2 tsp turmeric
- 1/2 tsp cumin
- 1/4 tsp cayenne pepper
- 1/4 tsp salt
- 1/4 tsp pepper
- 2 tbsp fresh chopped parsley

Instructions

1. Put 1 tbsp. of avocado oil in your sauté pan. Add the ground turkey and season with salt and pepper as you would like. Brown the meat over medium heat.
2. Start chopping the red bell pepper, carrots, potatoes. Set them aside in a large bowl or on a cutting board.
3. Mince the garlic and set aside separately.
4. Chop the onion. Add to the large soup pot with the remaining 1 tbsp of avocado oil. Over medium heat cook the onion until softened, about 5 minutes. Then add in the garlic and cook for about 1 minute.
5. Add in the vegetable broth, water, red bell pepper, carrots, potatoes.
6. Add in the quinoa, peanut butter, turmeric, cumin, cayenne pepper, and 1/4 tsp salt. If you want the soup to be spicy add in an extra 1/4-3/4 tsp cayenne pepper.
7. Bring everything to a boil and then simmer on low until the potatoes are cooked, about 18-20 minutes. They should break apart easily with a fork when they are done. If you are at high-altitude it might take a bit longer for your potatoes to cook.
8. Remove the pot from the heat and stir in the fresh chopped parsley and 1/4 tsp pepper. If needed, add more salt or pepper to taste.
9. Store any leftovers in an airtight container in the refrigerator. It will last about 4 days in the refrigerator and 4-6 months in the freezer.