

SMOKED TURKEY AND WHITE BEAN SOUP

Recipe

By Pamela M. Smith, R.D

Nonstick cooking spray

1 tsp. olive oil

½ cup chopped onion

2 cloves garlic, minced

1 can (14 oz.) diced tomatoes, drained

2 Tbsp. chopped, fresh basil (or 2 teaspoons dried)

6 cups of low sodium/low fat chicken stock

2 cans (19 oz. each) or 4 cups cooked cannellini white beans, drained & rinsed

1 lb. smoked turkey, rough chopped

½ tsp. Creole seasoning (my favorite is Tony Chachere's!)

½ tsp. kosher salt

¼ tsp. black pepper

Optional: Fresh basil leaves and/or freshly grated Parmesan cheese, for garnish

1. Spray a large stockpot with cooking spray. Add olive oil and bring to low heat.
2. Add onion and garlic and cook, stirring about 1 minute. Add tomatoes and basil; simmer for 5 minutes. Pour in chicken stock and simmer over medium heat.
3. Stir in cannellini beans and smoked turkey along with seasonings. Heat through.
4. Serve with optional garnish of fresh basil and or freshly grated Parmesan. (Serves 10)

Nutritional Content per serving: 182 calories, 17 grams carbohydrate, 8 grams fiber, 19 grams protein, 4 grams fat, 21% of calories from fat, 33 mg Cholesterol, 560 mg Sodium

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