

Turkey Kale Enchilada Soup

This hearty Turkey Kale Enchilada Soup is packed with flavor, nutrient rich foods and tons of flavor. A low calorie meal that comes together in 30 minutes! Gluten Free + Low Calorie

Prep Time 15 minutes

Cook Time 30 Minutes

Total Time 45 minutes

Course: Dinner, Lunch Cuisine: American Diet: Gluten Free Servings: 5 servings Calories: 329kcal Author: Megan Olson

Ingredients

- 1 tablespoon extra virgin olive oil
- 1 orange bell pepper diced
- 1/2 cup white onion diced
- 2 tablespoons garlic minced
- salt and pepper to taste
- 1 lb ground turkey or meat of choice
- 1 teaspoon cumin
- 2 tablespoons arrowroot powder
- 2 cups vegetable broth
- 15 oz enchilada sauce
- 15 oz black beans no salt added, drained
- 3 cups kale de-stemmed

Instructions

1. Add the extra virgin olive oil to a large pot and bring it to medium heat. Add the diced white onions, bell peppers and minced garlic. Stir and saute 3-4 minutes until the veggies are slightly tender but not quite done.
2. Add the ground turkey and cumin. Break up the turkey using a spatula as it cooks 5-7 minutes. Once the turkey is browned, stir in the arrowroot powder and vegetable broth until absorbed.
3. Add the enchilada sauce and black beans. Cover and reduce the heat to low. Cook another 15 minutes. Stir in the kale and cook another 3 minutes then remove from the heat and serve.
4. Store the soup in the refrigerator up to 7 days or in the freezer up to 60 days.

Nutrition

Serving: 1 serving | Calories: 329kcal | Carbohydrates: 39g | Protein: 33g | Fat: 6g | Saturated Fat: 1g | Cholesterol: 50mg | Sodium: 1179mg | Potassium: 860mg | Fiber: 10g | Sugar: 8g | Vitamin A: 5551IU | Vitamin C: 83mg | Calcium: 99mg | Iron: 4mg

Recipe from: <https://skinnyfitalicious.com/turkey-kale-enchilada-soup/>