

# Food Babe's Italian Turkey Kale Soup



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	30 mins	40 mins	4

<https://foodbabe.com/body-slimming-italian-turkey-kale-soup>

## Ingredients:

- 1 pound ground turkey
- 1 tablespoon extra virgin olive oil
- 3 celery stalks, diced
- 2 carrots, diced
- 1 yellow onion, diced
- 1 teaspoon red pepper flakes
- 1 tablespoon Italian seasoning
- 2 teaspoons sea salt, more as needed
- ½ teaspoon ground black pepper
- 2 garlic cloves, minced
- 2 cups [chicken broth](#)
- 2 cups filtered water
- 1 bay leaf
- 2 cups kale, chopped

## Instructions:

1. Heat the oil in a pot over medium heat. Add the turkey and cook 3-4 minutes or until slightly browned.
2. Add the celery, carrots, onion, red pepper, italian seasoning and salt and pepper. Cook for 5 more minutes until vegetables are tender.
3. Add the garlic and cook for 1-2 minutes.
4. Increase the heat and add the chicken broth, water and bay leaf. Bring to a boil and reduce heat. Simmer for 20 minutes.
5. Remove the bay leaf and add the kale 5 minutes before serving.

## Notes:

- Please use all organic ingredients if possible.