

*Another delicious recipe from
www.SimpleBrunchIdeas.com*

Love Yourself Taco Soup



A one-cup serving of this recipe has only 186 calories, 25 carbs and 3.5 grams of fat. It also provides a whopping 61 grams of protein and 6 grams of fiber. I top it with 1 tablespoon of sour cream which adds only 30 calories and 3 grams of fat -- so worth it! AND it only cost \$1.29 per serving!

Ingredients

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| 2 T olive oil | 1 tsp cardamom |
| 1 onion, chopped | 15 oz can black beans, rinsed and drained |
| 1 red pepper, chopped | 15 oz can kidney beans, rinsed and drained |
| 1 lb. lean ground turkey | 15 oz can cannellini beans, rinsed and drained |
| 2 c kale, de-stemmed and chopped | 15 oz can corn |
| 1 pkg. taco seasoning | 28 oz can diced tomatoes |
| 1 pkg. ranch dressing mix | |
| 1 tsp turmeric | |

Directions

1. Sauté the onion in olive oil over medium heat for just a few minutes, until it begins to become translucent.
2. Add ground turkey and cook until browned.
3. Add seasonings and mix well with the turkey.
4. Add red pepper and tomatoes.
5. Add the kale and mix in until it begins to wilt.
6. Add all the rest of the ingredients and combine well.
7. Add a cup or two of water to desired consistency.
8. Turn up the heat until the soup comes to a boil, then cover and reduce heat to simmer for 20 minutes.