Hearty Turkey and Kale Soup

A nourishing low-carb soup packed with lean turkey and nutrient-rich kale for a warm, protein-filled meal.

Servings: 2 **Time:** 40 minutes

Ingredients

- 8 oz lean ground turkey
- 1 tbsp olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 4 cups low-sodium chicken broth
- 2 cups chopped kale, stems removed
- 1 cup diced celery
- 1 cup diced carrots
- 1 tsp dried thyme
- 1/2 tsp black pepper
- 1/2 tsp salt
- 1/4 tsp crushed red pepper flakes (optional)
- 1 bay leaf

Instructions

1. Heat olive oil in a large pot over medium heat.
2. Add diced onion and garlic; sauté for 2-3 minutes until translucent.
3. Add ground turkey, breaking it up with a spoon, and cook until no longer pink.
4. Stir in diced celery and carrots; cook for 3 minutes.
5. Pour in chicken broth, then add thyme, black pepper, salt, red pepper flakes, and bay leaf.
6. Bring to a boil, then reduce heat to low and simmer for 20 minutes.
7. Add chopped kale and simmer for an additional 5 minutes until kale is tender.
8. Remove bay leaf before serving.

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