

Turkey Chili Taco Soup

Makes 8 servings

Ingredients:

- 1.25 lbs. 93% lean ground turkey
- 1 medium onion, chopped
- 1 bell pepper, chopped
- 10 oz. can Rotel tomatoes with green chiles
- 8 oz. tomato sauce
- 15 oz. frozen corn
- 15 oz. kidney, black, or pinto beans, rinsed and drained
- 16 oz. refried beans
- 3 tbsp. [homemade taco seasoning](#) (or 1 store-bought packet)
- 3 cups low sodium chicken broth*

For Serving (optional):

- tortilla chips (can be crumbled onto soup)
- sour cream
- grated cheese

Directions:

1. In a large pot or Dutch oven, brown the turkey over medium heat until cooked through, breaking it up into small pieces. Add the onion and bell pepper and continue cooking until they begin to soften, 2-3 minutes. Add all of the remaining ingredients and bring to a boil. Reduce the heat and simmer for 10-15 minutes.
2. Serve with toppings, as desired. You can freeze leftovers in individual portions for future meals.

**You can use more or less chicken broth, as desired. Use less to make this more like a bowl of chili, or more if you want more liquid in your soup.*

Source: Very slightly adapted from [Skinnytaste.com](#).

Printed from [Kristine's Kitchen](#).