

TURKEY, WHITE BEAN, & KALE SOUP

In heavy big pot, saute over medium heat until very soft and brown at edges, about 7-10 min:

3T olive oil

1 large onion diced

4 carrots peeled and diced

When onion is golden, add in:

6 oz can tomato paste

2 t ground cumin

1/2 t black pepper

1 T kosher salt

4 t finely grated fresh ginger (or Trader Joe's frozen cubes x 4)

4 garlic cloves minced

Saute until paste darkens, about 1 min. Scoop veg/spice mix into a bowl and set aside. Add a few T olive oil into same pot, then add:

1 lb ground turkey or chicken

Saute until meat is browned in spots and thoroughly cooked. Add back in veg/spice mix, plus:

1x 32-oz box chicken stock

2x 15-oz cans white beans drained and rinsed

Bring to a boil, cover with lid, then turn down to simmer and cook until soup is thick. When carrots/beans are soft, take off heat and add:

1 C flat parsley, stemmed and chopped

1 bunch kale, stemmed and chopped into bite-sized pieces

Juice of 1 lemon

Off heat, submerge greens in hot broth to cook via residual heat until they are bright green. Do not put lid on pot again. Serve with a drizzle of **good olive oil and red-pepper flakes** as desired.