

Pumpkin and Lentil Soup with Ground Turkey



Ingredients

- 1 Tbsp. olive oil
- 1/2 cup lentils
- 2 tsp. fresh ginger, grated
- 1 tsp. ground cumin
- 1-15 oz. can pumpkin puree
- 1 yellow or orange bell pepper, sliced
- 8 oz. ground turkey, cooked
- 1 small sweet onion, cut into wedges
- 26 oz. fat-free, low sodium chicken stock
- salt and pepper, to taste
- 1-8oz. container non-fat, plain Greek yogurt (optional)

In a large dutch oven, cook onions, peppers, lentils and oil over medium heat for approximately two minutes. Add the ginger, cumin, stock and pumpkin and mix well. Bring to a boil; reduce heat to a simmer and cover.

Cook 20 minutes and then add the ground turkey, recover and continue to cook for an additional five minutes. Add a dollop of yogurt, serve and enjoy!

Yield 10 servings, serving size: 1 serving. Calories: 181. Fat: 4 g. Cholesterol: <2 mg. Sodium: 215 g. Carbohydrates: 32 g. Fiber: 7 g. Sugar: 13.5 g. Protein: 8.4 g.

*These facts may vary based on size, amount, and brand use. This information is only a guide.