

Escarole Soup

Quick, easy and good! And good for you!

8 oz Italian sausage OR use all white meat ground turkey mixed with 1 tsp ground fennel,
1 tsp minced garlic, ½ tsp oregano and ½ tsp pepper to reduce fat
1 TBL olive oil
1.5 Tbl minced garlic
1 c. onion chopped
½ tsp red pepper flakes
2/3# escarole, cleaned and chopped coarsely
1/3 # fresh spinach, cleaned and chopped coarsely (or used bagged baby spinach and skip
the clean/chop part!) I use all spinach when I can't find escarole
2 cans of cannellini or great northern beans, drained slightly
½ cup freshly grated parmesan cheese, divided
1 can diced tomatoes, no salt added, undrained
8 cups low sodium chicken stock
2 Tbl Italian parsley, chopped
½ tsp salt, 1 tsp black pepper (less if you don't like spicy)
8 oz fresh or frozen tortellini (I used HEB's central mkt porcini mushroom from freezer
section)

Chop all vegetables and have ingredients ready to assemble. Heat a large Dutch oven or
soup pot and add the oil. Cut sausage out of casing and put in pot. Or add turkey meat if
that's what you're using) Stir, crumbling as it browns. Add onions, garlic, 1 Tb. Of
parsley, red pepper flakes. Cook until onion is translucent. Add Escarole and spinach, stir
around and cook a few minutes to wilt. Stir in beans, stock, half the cheese, tomatoes and.
Cook 5 minutes add all the tortellini and cook 5-10 minutes until tortellini is done. Add
S&P. To serve, sprinkle with a little or remaining cheese and chopped parsley.

Turkey/Chicken Chili (4 servings)

2Tbl olive oil
2/3 c. chopped onion
½ c. chopped orange or red bell pepper (opt)
1 c. grated carrot
1 Tbl ch garlic
2 boneless, skinless chicken thighs cut in ½” cubes
1# ground WHITE meat turkey
1.5 Tbl chili powder
1Tbl tomato paste
½ Tbl cumin
½ Tbl dried oregano
1 15oz can cannellini or great northern beans
1 15 oz can diced no salt added tomatoes
½-1 cup low salt chicken stock
¼ c. ch cilantro

Heat oil and brown meat, stirring to break up turkey. Add onions, garlic, carrot and bell pepper. Sauté about 5 minutes, stirring occasionally. Add seasonings, stirring to mix. Add beans, tomatoes, stock. Cover and cook 25 minutes stirring occasionally. Add cilantro and serve. Can top with low fat cheese, lf sour cream and diced avocado if desired.