

# Leftover Turkey Taco Soup

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## **Servings: 6**

*1 tablespoon canola oil  
1 1/2 cups frozen whole kernel corn  
1 can (16 ounce) reduced-sodium  
pinto beans, drained and rinsed  
1 can (10 ounce) diced tomatoes &  
green chilies, drained  
1 package (1.25 ounce) 30% less  
sodium taco mix  
1 package (32 ounce) reduced-sodium  
chicken broth  
2 1/2 cups cooked turkey, chopped*

## **Preparation Time: 20 minutes**

In a large saucepan over medium-high heat, heat the canola oil. Add the corn. Cook for 2 to 3 minutes or until thawed. Add the beans, tomatoes and taco seasoning. Stir to combine. Add the broth. Cover.

Bring to a boil over high heat. Add the turkey. Reduce the heat to medium. Simmer for 10 minutes.

Serve with sour cream and/or cheese, if desired.

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Per Serving (excluding unknown items): 155 Calories; 5g Fat (31.5% calories from fat); 18g Protein; 9g Carbohydrate; 1g Dietary Fiber; 44mg Cholesterol; 42mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Fat.