

# Tuscan Turkey Soup

Marie McConnell - Shelbyville, IL  
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## Servings: 8

## Yield: 2 quarts

2 tablespoons olive oil  
1 cup onion, chopped  
1 cup celery, chopped  
2 cloves garlic, minced  
2 cans (14-1/2 ounce ea) reduced-sodium chicken broth  
1 can (15 ounce) solid-pack pumpkin  
1 can (15 ounce) white kidney or cannellini beans, rinsed and drained  
2 cups cubed cooked turkey  
1/2 teaspoon salt  
1/2 teaspoon dried basil  
1/4 teaspoon pepper  
grated Parmesan cheese (optional)

In a large saucepan, heat the oil over medium-high heat. Add the onion and celery. Cook and stir until tender. Add the garlic and cook 1 minute longer.

Stir in the broth, pumpkin, beans, turkey and seasonings. Bring to a boil.. Reduce the heat and simmer, uncovered, until heated through, stirring occasionally.

If desired, serve with the cheese.

Start to Finish Time: 30 minutes

*Use your leftover turkey to make this quick and easy soup for hungry family and friends.*

Per Serving (excluding unknown items): 41 Calories; 3g Fat (71.9% calories from fat); trace Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 147mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	41	Vitamin B6 (mg):	trace
% Calories from Fat:	71.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	24.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.8%	Riboflavin B2 (mg):	trace
Total Fat (g):	3g	Folacin (mcg):	8mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
		% Refuse:	0.0%

<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	3g
<b>Dietary Fiber (g):</b>	1g
<b>Protein (g):</b>	trace
<b>Sodium (mg):</b>	147mg
<b>Potassium (mg):</b>	81mg
<b>Calcium (mg):</b>	15mg
<b>Iron (mg):</b>	trace
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	3mg
<b>Vitamin A (i.u.):</b>	29IU
<b>Vitamin A (r.e.):</b>	3RE

## Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

<b>Calories</b>	41	Calories from Fat: 30
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### % Daily Values\*

<b>Total Fat</b>	3g	5%
Saturated Fat	trace	2%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	147mg	6%
<b>Total Carbohydrates</b>	3g	1%
Dietary Fiber	1g	3%
<b>Protein</b>	trace	

<b>Vitamin A</b>	1%
<b>Vitamin C</b>	4%
<b>Calcium</b>	1%
<b>Iron</b>	1%

\* Percent Daily Values are based on a 2000 calorie diet.