

Can Can Taco Soup

Makes: 6 Servings

Ingredients

9 2/3 ounces Turkey, ground, raw
1 Onion, raw
9 2/3 ounces Spinach, frozen
5 2/3 ounces Sweet potato, diced
9 2/3 ounces pinto beans
9 ounces Sweet yellow corn
17 ounces Tomatoes, diced, in juice
2 1/3 ounces Green chilies, diced
2/3 Packet of Italian Seasoning
3 cups water
1 tablespoon cumin
1 tablespoon Pepper, black, ground
2 ounces Cheese, cheddar
1 1/4 ounces Yellow corn tortilla chips

Directions

1. Brown ground turkey and onion in stock pot or braising pan and cook meat to 165°F.
2. To browned meat and onions add the remaining prepared ingredients, spinach, cooked pinto beans, diced cooked sweet potatoes, corn, tomatoes, chilies, italian seasoning, water, pepper, cumin.
3. Let soup simmer for 20 minutes.
4. With immersion blender puree for 1 min to 2 minutes or until large chunks of tomato, beans and spinach are not visible.
5. Serve soup with a 6 oz ladle in a bowl garnish with cheese 1/3 oz of cheese and 2 (whole or broken) tortilla chip.

Notes

Serving Size: 6 oz soup with 1/3 oz cheese and 2 tortilla chips

Serving Tips:

CCP: Cool hot foods to 41° or lower within 4 hours

Cool hot foods to 70° or lower within 2 hours Foods served hot, heat to 165° for at least 15 seconds

No bare hand contact with cooked or ready to eat food

Hold Hot food at 135° or higher

Hold Cold food at 40° or below

Reheat leftovers to 165°