TURKEY, WHITE BEAN, AND KALE SOUP

PHASE 1
Serves 4
2 pounds lean ground turkey
3 cups diced red onions
2 cups diced celery (including green tops)
2 tablespoons minced garlic
1 tablespoon minced ginger
8 cups vegetable broth
6 cups peeled and cubed kabocha or butternut squash
6 cups roughly chopped kale (ribs removed)
15-ounce can baby butter beans, drained and rinsed
15-ounce can great northern beans, drained and rinsed
15-ounce can adzuki or black beans, drained and rinsed
2 teaspoons dried basil
2 teaspoons dried thyme
1 teaspoon ground cumin
½ teaspoon sea salt
¼ teaspoon freshly ground black pepper
In a large nonstick soup pot, sauté the turkey, onions, celery, garlic, and ginger in 2 tablespoons of water until soft. Add the broth, squash, kale, beans, and spices. Bring to a boil.
Cover the pot, reduce the heat to low, and simmer for 15 to 20 minutes or until the vegetables are tender. Taste and adjust seasonings with salt and pepper as needed.”

Excerpt From: Pomroy, Haylie. “The Fast Metabolism Diet.” Harmony, 2013-04-09. iBooks.
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