Hearty and Heart-Healthy Potato Soup

8 Servings

INGREDIENTS

1 tablespoon olive oil
2 10-ounce packages frozen chopped onions
2 pounds potatoes, scrubbed and cut in ½-inch cubes (about 5 cups)
¼ cup chopped, dried tomatoes
2 pints plus 1 14-ounce can (46 ounces total) low-sodium chicken broth
2 cups shredded, cooked turkey
3 cups packaged, chopped, frozen mixed vegetables, thawed
freshly-ground black pepper

DIRECTIONS

❤️ In heavy soup pot, heat oil on high and stir in onions. Cook, stirring occasionally for about 20 minutes or until well browned.
❤️ Add potatoes, dried tomatoes and broth.
❤️ Bring to boil and cook covered for 10 minutes or until tender.
❤️ Add turkey and vegetables, return to boil and cook 6 to 8 minutes.
❤️ Top with freshly ground pepper.

NUTRITION ANALYSIS  (PER SERVING)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Trans Fat</th>
<th>Polyunsaturated Fat</th>
<th>Monounsaturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Carbohydrates</th>
<th>Fiber</th>
<th>Sugars</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>131</td>
<td>1.5 g</td>
<td>0.5 g</td>
<td>0 g</td>
<td>0.5 g</td>
<td>0.5 g</td>
<td>0 mg</td>
<td>100 mg</td>
<td>24 g</td>
<td>4 g</td>
<td>2 g</td>
<td>8 g</td>
</tr>
</tbody>
</table>

Dietary Exchanges: 2 starch, 1 vegetable, 2 lean meat