



Heart Month | Heart Healthy Recipe

African Turkey Soup — Lunch

- 3/4 cup sweet potato, peeled & cut in 1/2" cubes
- 1/3 cup onion, chopped
- 1/2 cup red bell pepper, diced
- 1 clove garlic, minced
- 1 jalapeno pepper, seeded and minced, optional
- 1 cup chicken or turkey, cooked & cut in 1/4"-1/2" pieces
- 1/2 cup salsa, low sodium
- 1/4 tsp cumin powder
- 2 cups chicken broth, low sodium
- 2 cups water or low sodium chicken broth
- 3/4 cup brown rice, cooked -OR- 1/4 cup uncooked
- 1-15 oz can black beans, reduced sodium, canned, drained & rinsed
- 3 Tbsps peanut butter, creamy

Yield: 6 cups
Serving size: 1 cup

Coat large Dutch oven (or 5 quart pot) with cooking spray and warm over medium-high heat until hot. Add sweet potato, onion, bell pepper, garlic and optional jalapeno; sauté 5 minutes. Stir in chicken, salsa, cumin, broth/water, rice and beans; bring to a low boil then simmer for 10 minutes (40 minutes if using uncooked rice). Remove from heat; whisk in peanut butter, stirring to combine.

This is an easy to prepare, fiber & phytochemical-rich, lower sodium soup that zings with flavor. Add a green salad and whole grain bread.

Nutrient info: 220 Cal, 24 g carbs, 17 g protein, 6 g total fat, 1 g saturated fat, 20 mg chol., 225 mg sodium if using water (395 mg sodium if using low sodium chicken broth), 5 g fiber