



Taco Soup

2 pounds ground turkey
Taco seasoning (watch for gluten free if needed)
1 1/2 cups water
1 can chili beans
1 can black beans
1 can whole kernel corn (or not)
1 can pinto beans
1 can stewed tomatoes
1 can diced tomatoes with green chiles
2 cans green chiles
Yellow onion chopped
Parsley
Dill
Garlic powder
Mushroom powder
Salt
Pepper

In a large pot, brown the turkey. Add onion, parsley, dill, garlic powder, mushroom powder, salt and pepper and cook for 3-5 minutes. Add remaining ingredients and simmer. (I like to buy my taco seasoning at the local food coop from the bulk section.)

I topped my soup with chopped avocado. 😊