

turkey & spinach soup

TIME: 30 MIN SERVINGS: 4

INGREDIENTS

- 1 lb. lean ground turkey
- 16 oz. jar marinara sauce
- 1 cup whole grain penne
- 2 cups fresh baby spinach
- 1/2 cup grated Parmesan cheese
- 2 1/2 cups water



Adapted from: Five '5 Ingredient' Healthy Meals | StyleCaster



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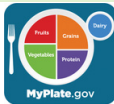
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PROCEDURE

1. Using hands, form small balls with lean turkey to create turkey balls.
2. In large pot, combine turkey balls, marinara sauce, and water. Bring to a boil.
3. Reduce heat, stir in penne and spinach, and simmer for 10 minutes, until penne and meatballs are hot and tender.
4. Sprinkle with Parmesan cheese.



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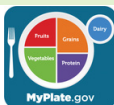
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