

**Fiesta Vegetable Soup**

Kids of all ages will enjoy topping their bowl of this Mexican inspired soup. If you like heat, stir in hot sauce to taste.

**Preparation Time:** 15 minutes

**Cooking Time:** 30 minutes

 *Serves 8*

 2 tsp (10 mL) vegetable oil

 8 oz (250 g) extra-lean Ontario Ground Turkey

 3 cloves garlic, minced

 1 Ontario Onion, chopped

 1 to 2 tbsp (15 to 25 mL) chili powder

 1 tsp (5 mL) **each** ground cumin and dried oregano leaves

 1/2 tsp (2 mL) **each** salt and pepper

 1-1/2 cups (375 mL) chopped Ontario Greenhouse Sweet Yellow Peppers

 1 cup (250 mL) chopped Ontario Carrot

 4 cups (1 L) no-salt-added chicken broth

 1 can (28 oz/796 mL) diced tomatoes

 1 can (19 oz/540 mL) black beans, drained and rinsed

 1/2 cup (125 mL) frozen corn kernels

 1 cup (250 mL) shredded Ontario Cheddar Cheese

 1-1/2 cups (375 mL) diced Ontario Greenhouse Tomatoes

 **Optional Toppings**: Ontario Sour Cream, chopped fresh Ontario Coriander

In large pot, heat oil over medium-high heat. Add ground turkey, garlic, onion, chili powder to taste, cumin, oregano, salt and pepper; cook breaking up turkey with a wooden spoon for 5 minutes or until no longer pink. Add peppers, carrots, broth, 1 cup (250 mL) water and tomatoes; bring to boil. Reduce heat, cover and simmer until carrots are tender, about 15 minutes.

Add beans and corn; simmer for 3 minutes or until warm. Ladle soup into bowls; top with cheese and tomatoes. Serve with suggested toppings.

**Tips**: Freeze Ontario Corn in the summer to enjoy year around. This soup is a great make-ahead as the flavours develop on standing. Reheat on medium heat, stirring occasionally. Pack any leftover soup to reheat for lunch the next day.

**Nutritional Information:**

PROTEIN: 18 grams

FAT: 9 grams

CARBOHYDRATE: 26 grams

CALORIES: 258

FIBRE: 6 grams

SODIUM: 560 mg

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