

# Get Your Soup On

## Pumpkin Turkey Chili

**Serving Size:** 6 servings

**Total Time:** 50 minutes

### Ingredients

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 1/2 green bell pepper, chopped
- 1/2 yellow bell pepper, chopped
- 1 (4 ounce) can chopped green chilies
- 1 large clove garlic, minced
- 1 pound ground turkey
- 1 (14.5 ounce) can diced tomatoes
- 1 (14.5 ounce) can red kidney beans
- 2 cups (1 14.5 ounce can) pumpkin puree
- 1 1/2 tablespoons chili powder
- 1/2 tablespoon cumin
- 3/4 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- Cayenne pepper to taste
- 1/4 cup fresh cilantro, chopped
- 1/2 cup shredded Cheddar cheese (optional)
- 1/2 cup sour cream (optional)



### Directions

1. Heat oil in a large skillet over medium-high heat.
2. Sauté onion, green and yellow bell pepper, green chilies, and garlic until tender, about 10 minutes.
3. Make room in the center of the skillet, add turkey and brown about 10 minutes.
4. Stir in tomatoes, beans, and pumpkin. Season with chili powder, cumin, pepper, salt, and cayenne.
5. Reduce heat and simmer at least 20 minutes.
6. Stir in fresh cilantro.
7. If preferred, top with cheddar cheese and sour cream.



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# Ginger Butternut Squash Soup



**Serving Size:** About 4 servings (4-6 oz each)  
**Total Time:** 30 minutes

## Ingredients

- 2 pounds pre-cut butternut squash
- 1/2 medium onion
- 2 teaspoons fresh ginger
- 1 medium garlic clove
- 4 cups vegetable stock
- Splash of olive oil
- Salt & pepper to taste

## Directions

1. Coarsely chop onion and finely dice the ginger and garlic.
2. Dice up butternut squash.
3. Place chopped onion in large stock-pot with a splash of olive oil. Sauté over medium heat until translucent, about 5 minutes
4. Add ginger and garlic and sauté for another 2 minutes.
5. Add butternut squash and vegetable stock. Increase heat to medium-high and boil for 20 to 30 minutes, or until squash is tender.
6. Remove soup from heat and let cool slightly. Add to blender and puree or use immersion blender in pot.

**Eat immediately or divide the soup into portions and freeze for later!**



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# Tomato-Basil Orzo Soup



**Serving Size:** serves 2

**Total Time:** 30 minutes

## Ingredients

- 1/2 cup chopped
- 1/2 cup Carrot
- 1/2 cup Celery
- 1/2 cup Onion
- 1/8 teaspoon dried basil
- 1/8 teaspoon dried Oregano
- 1/8 teaspoon dried thyme
- 2 tablespoons Olive Oil
- 1 can (19 ounces) low sodium tomato soup
- 1 cup chicken broth
- 1/3 cup uncooked orzo pasta

## Directions

1. In a small saucepan, sauté the carrot, celery, onion, basil, oregano and thyme in oil for 8-10 minutes or until vegetables are crisp-tender.
2. Add soup and broth.
3. Bring to a boil.
4. Stir in orzo.
5. Reduce heat; simmer, uncovered, for 10-12 minutes or until orzo and vegetables are tender.



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# Cheesy Jalapeno Cornbread



**Serving Size:** 12 servings

**Total Time:** 50 minutes

## Ingredients

- 3 (7 ounce) packages cornbread mix
- 1 large sweet onion, diced
- 2 cups shredded low fat colby-monterey jack cheese
- 1/2 cup egg whites\*\*
- 2 1/2 cups of 1% soured milk \*\*\*
- 1/2 cup Canola oil
- 3 teaspoons sugar or sugar substitute
- 1 (15 ounce) can low sodium creamed corn
- 6 ounces chopped jalapenos

\*\* 1/4 cup egg whites = 1 egg

\*\*\* to create soured milk, add 1 tablespoon of vinegar to every cup of milk and let set for a few minutes until it starts to curdle.

## Directions

1. Mix all and pour into greased 9 x 13 inch pan
2. Bake for 45 minutes at 375 until golden brown and toothpick comes out clean
3. Enjoy

**Don't be afraid to doctor your cornbread to your taste! Add different peppers for a spice, corn, low fat cheese, onion, a variety of herbs, or even fruit!**



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