

Spicy Ground Turkey and Garbanzo Bean Soup

Ingredients

- 1 teaspoon olive oil
- 3/4 pound lean ground turkey
- 8 large garlic cloves, chopped
- 1 cup canned diced peeled tomatoes with juices
- 2 tablespoons thinly sliced seeded jalapeño chili
- 1 teaspoon ground cumin
- 1 teaspoon chopped fresh rosemary or 1/2 teaspoon dried
- 1 14-ounce can garbanzo beans (chick-peas), undrained
- 1 cup TJ's Brown Rice Medley from TJ's
- 6 cups canned chicken broth or beef broth
- 2 tablespoons fresh lemon juice

- Chopped fresh cilantro
- 1 avocado, peeled, sliced

Preparation

Heat olive oil in heavy large Dutch oven over medium-high heat. Add turkey sausage and chopped garlic and sauté until sausage is golden brown and cooked through, breaking up sausage with back of fork, about 5 minutes. Reduce heat to medium. Add tomatoes with their juices, sliced jalapeño chili, ground cumin and chopped fresh rosemary and simmer 10 minutes, stirring frequently. Rewarm over medium heat before continuing.) Add Brown Rice Medley and chicken broth and bring to boil. Reduce heat, cover and simmer 35 minutes. Add garbanzo beans, salt and pepper, lemon juice and simmer for five more minutes or until thickened. (Can be prepared 1 day ahead. Cover and refrigerate. Rewarm over medium heat before continuing.)

Ladle soup into bowls. Sprinkle soup with chopped fresh cilantro and top with sliced avocado. Serve immediately.