



In your box

- 6 oz. Cauliflower Florets
- 1 oz. Shredded Cheddar Cheese
- 2 Green Onions
- 4 oz. Mirepoix Blend
- 4 tsp. Chicken Broth Concentrate
- .35 oz. White Rice Flour
- 2 Garlic Cloves
- 12 oz. Ground Turkey
- 6 oz. Yukon Potatoes

*Contains: milk

You will need

- Olive Oil, Salt, Pepper
- Large Pot,
- Blender/Immersion Blender

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef	Ground Pork		
165°	Chicken	Ground Turkey		

Skinnytaste Meal



Calorie Conscious



Protein Packed

For a limited time, enjoy recipes from Skinnytaste, best-selling cookbook series and popular food blog by **Gina Homolka!**

Each Skinnytaste recipe is crafted with seasonal ingredients for delicious flavors.



Turkey Cheeseburger Soup

with green onions

NUTRITION per serving—Calories: 502, Carbohydrates: 32g, Sugar: 6g, Fiber: 5g, Protein: 41g, Sodium: 1324mg, Fat: 23g, Saturated Fat: 8g
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Cook Time
40-50 min.

Cook Within
5 days

Difficulty Level
Intermediate

Spice Level
Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry



1. Prepare the Ingredients

- Peel and cut **potatoes** into ½" dice.
- Trim and thinly slice **green onions**.
- Mince **garlic**.
- Cut **cauliflower florets** into 1" pieces.



2. Cook the Turkey

- Heat 1 tsp. **olive oil** in a large pot.
- Add **mirepoix blend** to hot pot. Stir occasionally until beginning to get tender, 3-5 minutes.
- Add **turkey**. Break up meat until no pink remains and turkey reaches a minimum internal temperature of 165 degrees, 7-9 minutes.
- Season with a pinch of **salt**. Transfer turkey and mirepoix blend to a bowl and set aside. Reserve pot; no need to wipe clean.



3. Start the Soup

- Return pot used to cook turkey to medium-high heat and add 1 tsp. **olive oil**.
- Add **garlic** to hot pot. Stir often until softened and aromatic, 2-3 minutes.
- Stir in **rice flour** and 1¾ cups **water** until combined and no dry flour remains. Season with a pinch of **salt** and **pepper**.



4. Finish the Soup

- Add **chicken broth concentrate**, **potatoes**, and **cauliflower** to hot pot.
- Bring to a simmer. Once simmering, cover and reduce heat to low. Cook until potatoes and cauliflower are tender, 20-25 minutes.



5. Blend Soup and Finish Dish

- Carefully transfer half the **soup** to a blender. Blend until smooth.
- Return blended soup to hot pot with unblended soup. Add **cheese** and **turkey-mirepoix blend mixture** and stir to combine.
- Remove from burner.
- Plate dish as pictured on front of card, garnishing with **green onions**. Bon appétit!