

Ground Turkey Soup



ingredients

- 1 pound ground turkey
- 3 tablespoons dried minced onions
- 1 teaspoon minced garlic
- 1 teaspoon olive oil
- 1 can diced tomatoes with juice
- 1 can fire-roasted diced tomatoes with juice
- 2 cups carrot shreds
- 3 cups chopped spinach
- 1 can French-style green beans, drained
- 8 ounces water

instructions

In the Instant Pot, add both cans of tomatoes, carrot shreds, spinach, green beans and water. Cook on pressure cook setting 15 minutes. Brown ground turkey with olive oil, onions and garlic. Add to vegetable mixture in Instant Pot once cycle has finished and steam has released. Allow to stand 5-10 minutes for flavors to blend and develop.

