



13 Bean Soup Mix

8 to 10 servings

Ingredients

- Bob's Red Mill 13 Bean Soup Mix
- 1 pound organic ground turkey (brown and drain)
- 1 cup chopped onion
- 2 (8 oz) can tomato sauce
- 1 ½ tsp. to 1 tbs. chili powder
- 1 clove of garlic minced
- 1 tsp. salt
- dash of pepper

Preparation

1. Wash 2 cups Bob's Red Mill Soup Mix, and then soak overnight.
2. In the morning drain, rinse and set aside.
3. Bring 2 ½ quarts water to boil, add beans, reduce heat and simmer 3 to 3 ½ hours.
4. In a separate stock pot, sauté 1 pound organic ground turkey and cook until brown and drain.
5. Then add chopped onion, garlic and cook until soft and translucent.
6. Add tomato sauce, chili powder, salt, pepper and cook until blended.
7. Then add the turkey mixture to the beans after the beans have cooked approximately 2 hours. Continue cooking the remaining 1 ½ hours.