Tuscan Smoked Turkey and Bean Soup

IRA B. JONES ELEMENTARY SCHOOL
Asheville, North Carolina

Our Story

Asheville, North Carolina is known for its heritage, arts, and fine dining. Ira B. Jones Elementary School in Asheville shares a taste of another well-known region of fine dining–Tuscany–as its recipe team prepared Tuscan Smoked Turkey and Bean Soup. The team worked together to develop the recipe, and a number of students tasted and evaluated the recipe before it was submitted.

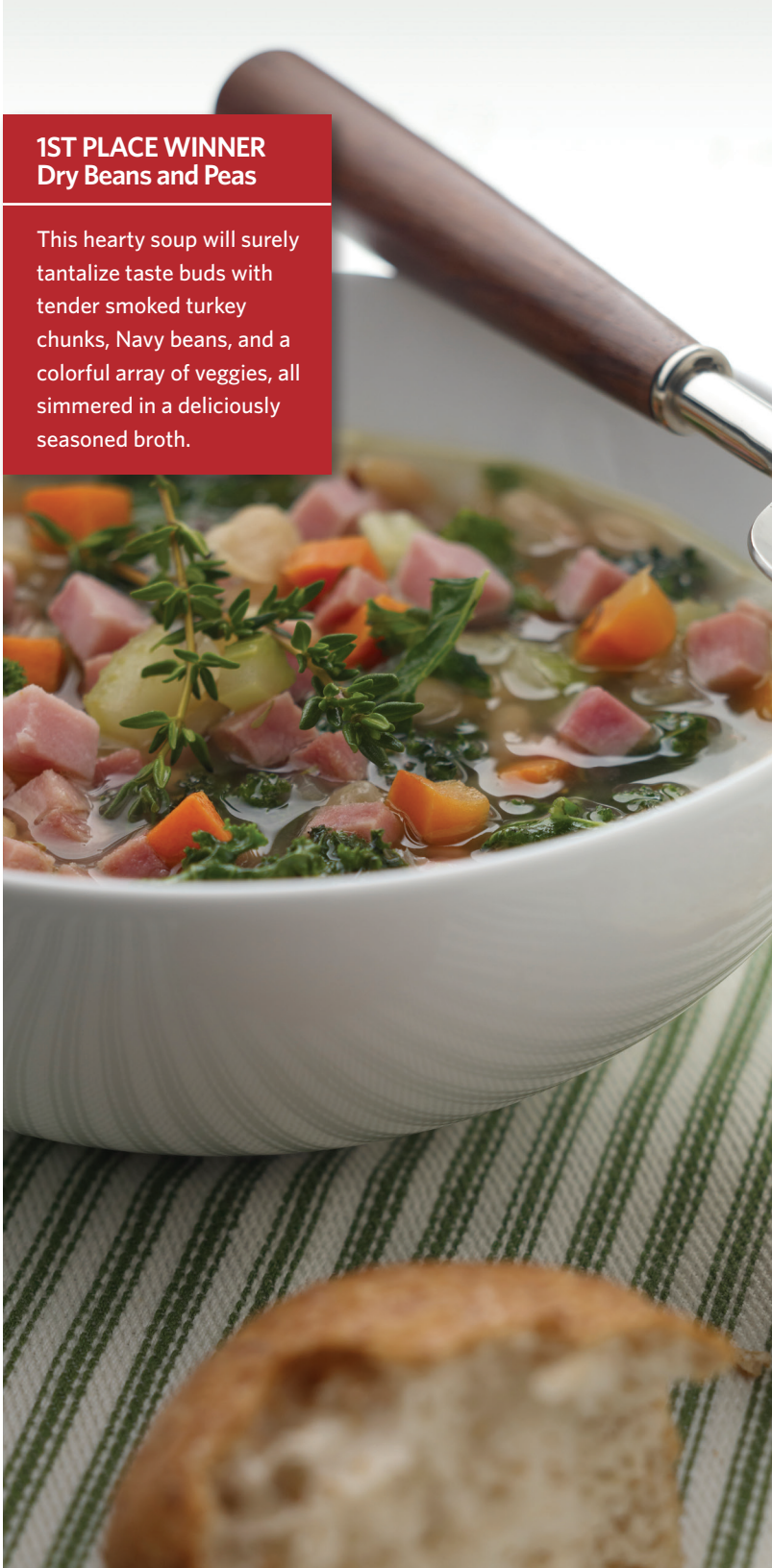
The team's hard work paid off! The recipe features Navy beans, which are actually white in color, but got their popular name because they were a staple food of the U.S. Navy in the early 20th century. Tuscan Smoked Turkey and Bean Soup is sure to tease and please the senses and warm the toes! Delizioso!!

School Team Members

SCHOOL NUTRITION PROFESSIONAL: Susan Bowers
CHEF: Denny Trantham (Executive Chef, The Grove Park Inn, Resort and Spa)
COMMUNITY MEMBERS: Tara Jardine (Volunteer Coordinator and Representative, AmeriCorps) and Sarah Cain (Principal)
STUDENT: Nichelle B.

1ST PLACE WINNER
Dry Beans and Peas

This hearty soup will surely tantalize taste buds with tender smoked turkey chunks, Navy beans, and a colorful array of veggies, all simmered in a deliciously seasoned broth.



Tuscan Smoked Turkey and Bean Soup

Ingredients

⅓ cup Fresh onions, peeled, diced ½"

⅓ cup Fresh celery, diced

⅓ cup Fresh carrots, peeled, diced

1 ½ cups Fresh kale, no stems, chopped

2 ¼ tsp Canned low-sodium tomato paste

1 Tbsp Fresh garlic, minced

4 ¼ cups Low-sodium chicken stock

1 ¾ cups Canned low-sodium Navy beans, drained, rinsed

½ tsp Salt

⅛ tsp Ground black pepper

1 cup Smoked turkey breast, ¼" pieces (5 oz)

2 tsp Fresh thyme, chopped

2 tsp Fresh basil, chopped

2 tsp Fresh parsley, chopped

Preparation Time: 30 minutes
Cooking Time: 50 minutes
Makes six 1-cup servings

Directions

1. Place onions, celery, carrots, kale, tomato paste, and garlic in a large pot coated with nonstick cooking spray. Cook over medium-high heat. Stir frequently. Cook until vegetables are softened and onions are translucent.

2. Add chicken stock, beans, salt, and pepper.

3. Reduce temperature to low heat. Cover and simmer for 20 minutes. Stir occasionally.

4. Add turkey, thyme, basil, and parsley. Stir well. Simmer a minimum of 10 minutes. Serve hot.

1 cup provides:

Legume as Meat Alternate: 1 ½ oz equivalent meat/meat alternate, ⅛ cup red/orange vegetable, and ⅛ cup other vegetable.

OR

Legume as Vegetable: ½ oz equivalent meat, ¼ cup legume vegetable, ⅛ cup red/orange vegetable, and ⅛ cup other vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Nutrients Per Serving: Calories **135,** Protein **15 g,** Carbohydrate **14 g,** Dietary Fiber **4 g,** Total Fat **3 g,** Saturated Fat **< 1 g,** Cholesterol **21 mg,** Vitamin A **3058 IU (153 RAE),** Vitamin C **7 mg,** Iron **2 mg,** Calcium **62 mg,** Sodium **525 mg**