

Healthy Turkey and Greens



The Ingredients

- 3 tbsp olive oil
- 1 large onion, diced
- 1 large carrot, diced
- 1 bunch greens
- 1 tbsp tomato paste
- $\frac{3}{4}$ tsp ground cumin, plus more to taste
- $\frac{1}{8}$ tsp red-pepper flakes, plus more to taste
- $\frac{1}{2}$ pound ground turkey
- 3 garlic cloves, minced
- 1 tbsp finely grated fresh ginger
- 1 tsp kosher salt, plus more to taste
- 1 quart chicken stock
- 2 (15-oz.) cans white beans, drained & rinsed
- 1 cup fresh herbs
- Fresh lemon juice, to taste

Directions

- Heat the oil in a large pot over medium-high heat. Add onion and carrot, and sauté until very soft and brown at the edges, 7 to 10 minutes. Meanwhile, rinse the greens and pull the leaves off the stems. Chop into bite-size pieces.
- Add tomato paste, $\frac{3}{4}$ tsp cumin and $\frac{1}{8}$ tsp red-pepper flakes to the pot, and sauté until paste darkens, about 1 minute. Add turkey, garlic, ginger and 1 teaspoon salt, and sauté, breaking up the meat with a spoon, until turkey is browned, 4 to 7 minutes.
- Add stock and beans, and simmer for 15 to 25 minutes.
- Add the greens to the pot and simmer until they are soft. This will take 5 to 10 minutes for most greens, but tough collard greens might take 15 minutes.
- Stir herbs and lemon juice into the pot, taste and add more salt, cumin and lemon until the broth is lively and bright-tasting. Serve topped with a drizzle of olive oil and more red-pepper flakes, if desired.