Turkey Soup (Approximately 8 cups)

Ingredients:

Turkey Meatballs:
1 pound ground turkey
1/3 cup grated zucchini
1/3 cup grated parmesan cheese

Mix all ingredients and form into mini meatballs. Bake on parchment lined baking sheet at 350 degrees until internal temperature reaches 165 degrees. Cool.

Soup Base:
2 stalks diced celery
1 large diced carrot
1 medium red bell pepper diced
1 medium turnip diced
3 ounces shiitake mushrooms
1 small apple diced
2 cups baby spinach
1 can of cannelloni beans rinsed and drained
1/4 cup olive oil
1/4 cup grated parmesan cheese
6 cups organic low sodium chicken broth (may substitute bone broth, veg broth, or turkey broth)
Salt and pepper as desired (for the humans only!)
1/4 cup grated parmesan or pecorino cheese
1/2 of lemon

Heat oil slightly in a large dutch oven or cast iron pot. Add all vegetables, apple and seasonings sauté until translucent. Squeeze a bit of lemon juice on the vegetables for flavor. Add broth and simmer until vegetables are tender. Add cannelloni beans and

spinach. Again squeeze a bit of lemon on the meatballs and add them to the soup. Let flavors combine for 30 minutes.

Serve and enjoy!