

TURKEY VEGETABLE SOUP

1 tsp. vegetable oil
1 clove garlic, minced
3 cups frozen mixed vegetables, any combination
2 potatoes, peeled and cubed
1 cup cooked and diced turkey
1 cup carrots, sliced thin
2 tsp. cumin or poultry seasoning to taste
¼ tsp. salt
1½ cups (15-oz can) chunky tomatoes
1 cup chicken broth (or chicken bouillon and omit salt)
½ tsp. pepper



Heat oil in large pot. Add garlic and sauté for 2 minutes over medium-high heat. Add all remaining ingredients to the pot. Bring to a boil, then reduce heat to simmer for 20 minutes, or until potatoes and carrots are tender.