A logo with green and blue leaves

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This recipe is best days 1-7 of the 28 Day Healthy Reboot, any day on the Healthy PREboot.

**Ingredients**

* 1.5 lbs ground turkey
* 1 Tbsp garlic infused avocado oil
* 1 bunch green onions (less bulb days 8-29) or 2 leeks
* 1 tsp oregano
* 1/2 tsp fennel seed (Eliminate days 8-29)
* 1/8-1/4 tsp red pepper flakes (depending on your heat preference) (Days 1-7 only)
* 4 medium sweet potatoes, peeled and chopped into small cubes
* sea salt and fresh ground black pepper
* 6 cups chicken bone broth, or vegetable broth, or water
* a large handful of baby kale, or baby spinach, ribs/stems removed
* 1 cup unsweetened coconut milk (preferred), almond milk or hemp milk
* a large handful of fresh basil, chopped
* a small handful of fresh parsley, chopped

**Instructions**

1. Heat oil in a large stock pot, then cook your ground turkey until almost browned, about 4-5 minutes.
2. In that same pot with your cooked meat, stir in the green onion or leeks, oregano, fennel seeds, red pepper flakes, and a tiny pinch of sea salt and pepper, then cook for a few minutes more, stirring frequently until the green onion or leeks softens.
3. Add in the potatoes and broth, reduce heat and bring it to a simmer.
4. Cover your pot and continue to simmer until potatoes are tender, about 15 minutes more, then add kale or spinach, stir, and turn off heat.
5. Allow to sit, covered for 5 minutes, then gently stir again.
6. Finally, with your stock pot completely removed from heat; add in the milk, basil and parsley.
7. Give everything a big gentle stir.
8. Taste and season your soup with sea salt and pepper if desired.
9. Allow it to cool a bit before serving.