

Turkey and Wild Rice Soup

EASY recipe

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| 2 tbsp extra-virgin olive oil | 1 tsp salt |
| 1 onion, diced | 1 tsp each dried thyme and dried sage |
| 2 cloves garlic, minced | 8 cups low-sodium broth |
| 2 carrots, diced | $\frac{3}{4}$ cup wild rice |
| 2 stalks celery, diced | 3 cups cubed cooked leftover turkey
(or chicken) |
| 1 cup mushrooms, diced | 1 cup 1% milk or milk alternative |
| 2 tbsp flour | 3 tbsp fresh chopped parsley |



Add oil to a large soup pot set over medium heat. **Add** onion, garlic, carrots, celery, mushrooms and flour, and stir until vegetables begin to soften, about 5 minutes. **Add** salt, herbs and broth and stir well. **Bring** to a boil. **Add** rice and cook for 30 minutes. **Add** turkey and cook 20-30 minutes more or until rice is tender. **Stir** in milk. **Add** salt and pepper to taste. **Serve** in bowls topped with fresh parsley.

Serves 6. Per serving:

205 calories | 17g protein | 7g total fat | 1g saturated fat | 4g mono fat | 1g poly fat | 22g carbohydrate | 4g sugar | 4g fiber | 445mg sodium