

Turkey and Wild Rice Soup

Yield: 6 servings

Ingredients:

- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 6½ cups reduced sodium chicken broth
- 3 tbsp flour
- 1 cup long grain and wild rice, uncooked
- 1 tsp dried thyme
- 1 bay leaf
- 2 cups turkey breast, cooked and shredded or cubed
- 1 cup fat free half and half
- Salt and pepper to taste

Directions:

1. Place carrots, celery, onion and garlic into large stock pot along with ½ cup of chicken broth.
2. Sauté over medium heat for 10 minutes or until vegetables are tender.

(continued)

Directions:

3. Sprinkle in flour and continue to cook for 3 minutes.
4. Add in the rest of the broth along with rice, thyme and bay leaf. Bring the pot to a boil.
5. Cover the pot, reduce the heat to medium-low and cook for 25-30 minutes.
6. When the rice is tender, add in the turkey. Cook for 10 minutes.
7. Stir in the half and half and allow to cook another 10 minutes.

Nutrition Facts: (per 1½ cup serving)

Calories: 217 • Fat: 1g

Sodium: 718mg • Carbohydrates: 24g

Dietary Fiber: 2g • Protein: 26g

Source: *www.theskinnyfork.com*



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