

Turkey Wild Rice Soup



INGREDIENTS [Serves 4]

- 8 tablespoons unsalted butter
- ½ cup Spanish onion, chopped fine
- ½ cup flour
- 4 cups chicken broth
- 2 cups cooked wild rice, medium grain
- 1 cup cooked turkey, chopped
- ¼ cup almonds, slivered
- ½ cup grated carrots
- ½ teaspoon salt
- 1 cup milk or half and half (or more as needed)

PREPARATION

1. In a large saucepan, sauté the onion in butter until translucent.
2. Over medium heat, add the flour and mix well until bubbly, but not browned.
3. Slowly whisk the broth into flour mixture.
4. Add wild rice, turkey, carrots, almonds and salt, and simmer 5 minutes.
5. Add milk (to desired consistency), heat through and serve.

Note: If starting from scratch with the rice, prepare according to directions. Drain and reserve. Freeze portions of the cooked rice for later use.

Vegetarian option: Substitute seitan for the turkey and vegetable stock for the chicken broth.

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SHOPPING LIST

Produce

Spanish onions

Carrots

Meat/Poultry/Seafood

Cooked turkey

Refrigerated/Frozen

Milk or half and half

Grocery

Wild rice

Flour

Chicken broth

Slivered almonds

SERVING SUGGESTION

Serve with hearty bread or light sandwich and green salad.

NUTRITIONAL INFORMATION

Per Serving: 521 calories, 30 g fat, 83 mg cholesterol, 48 g carbohydrates, 3 g dietary fiber, 19 g protein, 1380 mg sodium

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

National Cooperative Grocers Association

