

# TURKEY AND WILD RICE SOUP

DECEMBER 5, 2023 BY DINNER TONIGHT

## Ingredients:

- 1 Tablespoon butter
- 1 cup diced carrots
- 1/2 cup diced celery
- 1 cup chopped onion
- 4 cloves garlic, minced
- 6 cups no salt added chicken stock
- 1 cup uncooked wild rice
- 1 cup sweet potato, peeled and diced
- 1 1/2 cups mushrooms, sliced
- 1 bay leaf
- 1 teaspoon black pepper
- 1 tablespoon poultry seasoning
- 1 1/2 cups cooked turkey, diced
- 1 cup plain Greek yogurt
- 2 cups kale, chopped and stems removed



## Servings

8 - 1 1/4 cup servings

## Instructions:

- Wash hands and clean work space.
- In a heavy pot, melt butter over medium heat, add carrots, celery and onions. Cook until vegetables soften, and onions become translucent. Add garlic and cook another minute.
- Add chicken stock, wild rice, sweet potato, mushrooms, bay leaf, pepper and poultry seasoning. Stir to combine and continue to cook over low-medium heat. Stirring occasionally for 30-40 minutes.
- Once rice is cooked, add turkey and Greek yogurt. Stir to incorporate and continue to cook until heated through.
- Stir in kale and cook until tender.

<b>Nutrition Facts</b>	
8 servings per container	
Serving size	1 1/4 cup servings (343g)
<hr/>	
Amount per serving	
<b>Calories</b>	<b>200</b>
<hr/>	
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 250mg	11%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 18g	
<hr/>	
Vitamin D 0mcg	0%
Calcium 76mg	6%
Iron 1mg	6%
Potassium 652mg	15%
<hr/>	
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	