

Turkey and Wild Rice Soup

Makes: 7 servings

Serving Size: 1 cup

Prep Time: 15 minutes

2 teaspoons margarine
1 cup finely diced carrot
1 cup finely diced onion
½ cup finely diced celery
1 cup sliced mushrooms
1 garlic clove, minced
2 tablespoons all-purpose flour
3 14.5-ounce cans fat-free, reduced sodium chicken broth
¼ teaspoon dried thyme
1 bay leaf
2 cups roasted turkey breast, chopped
1 cup uncooked wild and long-grain rice
½ cup evaporated fat-free milk
¼ teaspoon salt (optional)
¼ teaspoon ground black pepper

1 Heat margarine in large soup pot over medium-high heat. Add carrots, onion, celery, and mushrooms and sauté until beginning to brown. Add garlic and sauté for 1 more minute.

2 Add flour, stirring constantly, and cook for 1 minute. Add

chicken broth and stir (make sure to scrape the brown bits on the bottom of the pan).

3Add thyme, bay leaf, turkey, and rice; bring to a boil.

4Reduce heat to a simmer; cover and cook for 25 minutes. Add evaporated milk; bring to a boil for 1 minute. Add salt and pepper. Remove bay leaf before serving.

Exchanges

- 1 Starch
- 2 Very Lean Meat
- 1 Vegetable

Calories	175
Calories from Fat	15
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	33 mg
Sodium	678 mg
Total Carbohydrate	21 g
Dietary Fiber	2 g
Sugars	5 g
Protein	18 g

Providing guidance and support to make the "healthy choice the easy choice!"



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