



Cream of Turkey and Wild Rice Soup Oshkosh Community YMCA

Got leftover cooked chicken or turkey? Cook up a pot of soup! This low-sodium soup recipe is a healthier twist on a classic creamy turkey and wild rice soup that hails from Minnesota. Serve with a crisp romaine salad and whole-grain bread.

INGREDIENTS:

- 1 tablespoon extra-virgin olive oil
- 2 cups sliced mushrooms, (about 4 ounces)
- $\frac{3}{4}$ cup chopped celery
- $\frac{3}{4}$ cup chopped carrots
- $\frac{1}{4}$ cup chopped shallots
- $\frac{1}{4}$ cup all-purpose flour
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon freshly ground pepper
- 4 cups reduced-sodium chicken broth
- 1 cup quick-cooking or instant wild rice
- 3 cups shredded cooked turkey or chicken (12 ounces; see Tip)
- $\frac{1}{2}$ cup reduced-fat sour cream
- 2 tablespoons chopped fresh parsley



INSTRUCTIONS:

1. Heat oil in a large saucepan over medium heat. Add mushrooms, celery, carrots and shallots; cook, stirring, until softened, about 5 minutes. Add flour, salt and pepper; cook, stirring, for 2 minutes more.

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Recipe Source www.eatingwell.com/recipe/252422/cream-of-turkey-wild-rice-soup/

2. Add broth and bring to a boil, scraping up any browned bits. Add rice and reduce heat to a simmer. Cover and cook until the rice is tender, 5 to 7 minutes. Stir in turkey (or chicken), sour cream and parsley; cook until heated through, about 2 minutes more.

Tip

To poach chicken breasts, place boneless, skinless chicken breasts in a medium skillet or saucepan. Add lightly salted water to cover and bring to a boil. Cover, reduce heat to low and simmer gently until chicken is cooked through and no longer pink in the middle, 10 to 12 minutes.

Nutrition

Servings Per Recipe 4
Serving Size about 1 3/4 cups
Calories 378

	% Daily Value *
Total Carbohydrate 29g	10%
Dietary Fiber 3g	10%
Total Sugars 3g	
Protein 37g	74%
Total Fat 11g	14%
Saturated Fat 4g	19%
Cholesterol 80mg	27%
Vitamin A 4518IU	90%
Vitamin C 6mg	7%
Folate 57mcg	14%
Sodium 364mg	16%
Calcium 73mg	6%
Iron 2mg	13%
Magnesium 46mg	11%
Potassium 748mg	16%

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.