

Cream of Turkey & Wild Rice Soup

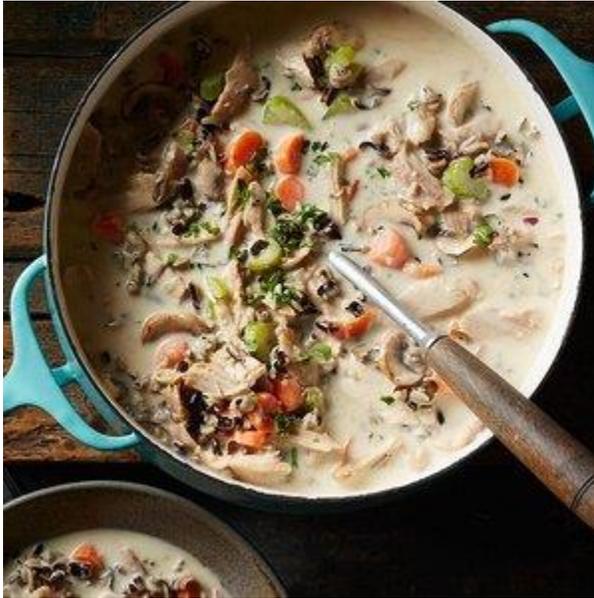
Got leftover cooked chicken or turkey? Cook up a pot of soup! This recipe is a healthier twist on a classic creamy turkey and wild rice soup. Serve with a crisp romaine salad and whole-grain bread.

Total:

35 mins

Servings:

4



Ingredients

Ingredient Checklist

- 1 tablespoon extra-virgin olive oil
- 2 cups 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 1 cup quick-cooking or instant wild rice, (see Ingredient Note)
- 3 cups 3 cups shredded cooked chicken, or turkey (12 ounces; see Tip)
- $\frac{1}{2}$ cup reduced-fat sour cream
- 2 tablespoons chopped fresh parsley

Directions

Instructions Checklist

- **Step 1**

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

- **Step 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 and cook until heated through, about 2 minutes more.

Tips

Ingredient note: Quick-cooking or instant wild rice has been parboiled to reduce the cooking time. Conventional wild rice takes 40 to 50 minutes to cook. Be sure to check the cooking directions when selecting your rice--some brands labeled “quick” take about 30 minutes to cook. If you can't find the quick-cooking variety, just add cooked conventional wild rice along with the turkey at the end of Step 2.

Tips

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 Facts

Serving Size: About 1 3/4 Cups

Per Serving:

378 calories; protein 36.9g 74% DV; carbohydrates 28.5g 9% DV; dietary fiber 2.7g 11% DV; sugars 2.8g; fat 10.6g 16% DV; saturated fat 3.7g 19% DV; cholesterol 79.7mg 27% DV; vitamin a iu 4518.3IU 90% DV; vitamin c 6.3mg 11% DV; folate 57.3mcg 14% DV; calcium 73.2mg 7% DV; iron 2.4mg 13% DV; magnesium 45.7mg 16% DV; potassium 748.3mg 21% DV; sodium 364.1mg 15% DV; thiamin 0.2mg 16% DV.

Exchanges:

1 1/2 Starch, 1 Vegetable, 3 Lean Meat, 1 Fat

Recipe from: <http://www.eatingwell.com/recipe/252422/cream-of-turkey-wild-rice-soup/>