

Turkey and Wild Rice Soup

Makes 8 Servings

Ingredients

2 Tbsp. extra virgin olive oil
5 stalks organic celery, diced (about 1 $\frac{3}{4}$ cups)
2 $\frac{1}{2}$ - 3 cups shredded carrots
1 cup chopped Vidalia or spring onions
2 cloves garlic, minced
10 cups low sodium chicken or vegetable broth
 $\frac{1}{2}$ tsp. Lawry's® Seasoned Salt (opt.)
 $\frac{1}{2}$ tsp. crushed dried rosemary
 $\frac{1}{2}$ tsp. dried thyme
 $\frac{1}{2}$ tsp. dried sage
1 tsp. dried dill
3 bay leaves
2 cups cubed butternut or acorn squash (sweet potatoes will work, too)
1 $\frac{1}{2}$ cups dry wild rice or wild rice blend (no seasoning packet)**
3 cups cooked turkey (leftover turkey from Thanksgiving is perfect for this recipe)
Pepper to taste



Photo By:
Cathy Mazanec

Directions

1. Heat olive oil in a large soup pot.
2. Add celery, carrots, onions and garlic. Sauté for 3-5 minutes until onions are clear.
3. Add broth, seasoned salt and all the herbs.
4. Bring to a boil then add wild rice. Bring to a boil again, cover and reduce heat to simmer. Cook for 20 minutes.
5. After 20 minutes, stir in the turkey and squash.
6. Bring to a boil again, then reduce heat to simmer.
7. Cover and cook for 20 more minutes or until squash and rice are desired tenderness.
8. Add pepper to taste.
9. Remove bay leaves and serve.

** New Product Alert: [Lundberg® Wild Blend Rice](#) – Blend of 5 whole grain rice varieties.

Nutrition Information per Serving (using turkey breast meat; fat will be higher if all dark meat or blend of dark and breast meat is used): Cal: 289, Pro: 23 gm, Carbs: 40 gm, Fiber: 5 gm, Total Fat: 5 gm, Saturated Fat: 0.5 gm, Trans Fat: 0 gm, Sodium (varies depending on the low sodium broth you choose) approx: 280 – 580 mg, Chol: 47 mg