

# Recipe for

## TURKEY AND RICE SOUP

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EQUIPMENT NEEDED Knife, cutting board, large cooking pot with lid, stove top, mixing spoon

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SERVES 5

ESTIMATED COST \$10.00-\$13.00

COST PER SERVING \$2.00-\$2.15

### INGREDIENTS

- 2 tbsp cooking oil (e.g. coconut, canola, olive, grapeseed oil)
- 1 ea onion, chopped
- 2-3 cloves garlic, chopped
- 1 cup celery, chopped (optional)
- 2 cups frozen carrots and pea blend (or plain carrots)
- 2 cups cooked shredded turkey
- 1 cup brown rice, rinsed
- 6 cups low-sodium vegetable broth or water
- 1 tsp thyme or oregano, dried (optional)
- To taste, salt and pepper

### METHOD OF PREPARATION

1. In a medium cooking pot over medium heat add the oil. Reduce heat to a low and add the onion and a dash of salt. Sauté for 2-5 minutes, or until translucent.
2. Next, add the garlic and sauté for an additional 3 minutes, or until fragrant.
3. Add the remaining ingredients and bring to a boil. Reduce heat to a low, cover with a lid, and let simmer for 30-40 minutes, or until the rice is fully cooked.

\*Can save fresh in your refrigerator for 5 days or in your freezer for up to 3 months.

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### NUTRITION INFORMATION

#### Nutrition Facts

Serving size: 2 cups

Servings: 5

Amount per serving

**Calories** **353**

% Daily Value\*

**Total Fat** 9.4g 12%

Saturated Fat 5.9g 29%

**Cholesterol** 42mg 14%

**Sodium** 174mg 8%

**Total Carbohydrate** 41.7g 15%

Dietary Fiber 4.7g 17%

Total Sugars 5g

**Protein** 24g

Vitamin D 0mcg 0%

Calcium 51mg 4%

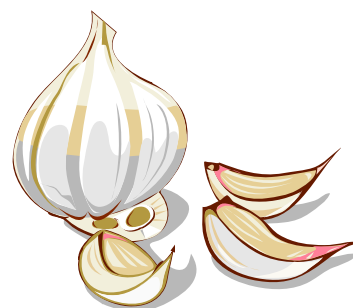
Iron 7mg 41%

Potassium 570mg 12%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

### HEALTH BENEFITS

**Garlic:** Contains a phytonutrient called allicin, which has been shown to help lower cholesterol and blood sugar levels. As well, garlic can support the immune system and has been shown to reduce the length and symptoms of colds. Try garlic in a stew, curry, or in a stir fry.



### HEALTH BENEFITS

**Carrots:** A great source of vitamin C, vitamin K, fiber, vitamin A, water, and potassium. Carrots contain beta carotene, which has been shown to improve skin health by protecting the skin from UV lights. Try carrots in a curry, roasted with spices, or on a salad.



#### References:

1. Recipe provided by Kristin Schaefer