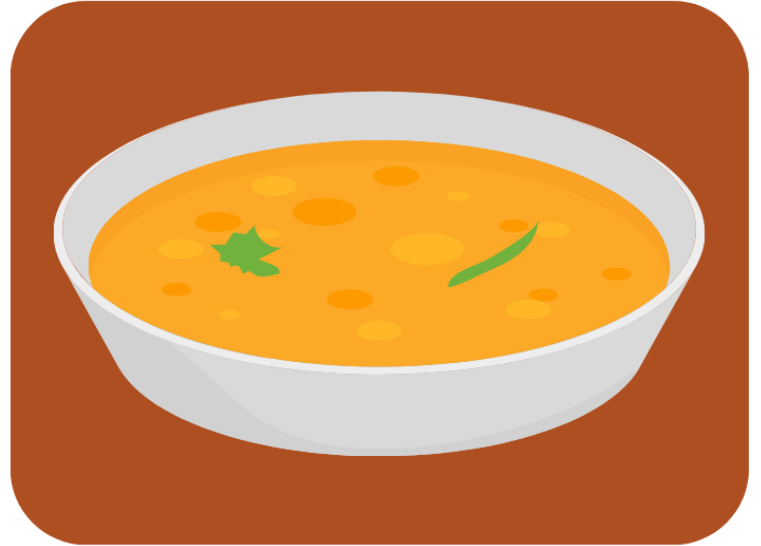


Cream of Turkey Soup

Ingredients

- 2 tsp Olive Oil or Avocado Oil
- 1 cup Mushrooms
- 2 small Celery sticks
- 1 Carrot or 8 Mini Carrots
- 1 Yellow Onion
- 1.5 cups cooked Turkey
- 1/2 cup uncooked Brown Rice
- 2 tbsp Flour
- 1/4 tsp Pepper
- 2 cups Low-Sodium or homemade Chicken Broth
- 1/4 cup low-fat Sour Cream



Directions

1. Prep. Chop mushroom, celery, carrots, and onion. Shred the turkey.
2. In a small pan or rice cooker, cook rice according to instructions.
3. In a large sauce pan, heat oil then add the mushrooms, celery, carrots, and onion. Cook for about seven minutes until tender.
4. Add flour, pepper, and any other desired seasoning to the saucepan. Stir to make sure flour does not stick.
5. Add broth to the pan. Cook for seven minutes. Stir occasionally to prevent flour from sticking.
6. Add turkey, sour cream, and parsley to the saucepan. Then cook an additional two minutes.
7. When rice is done, add it to the sauce pan.
8. Makes 2 equal sized servings!