



wednesday

CREAM OF TURKEY AND WILD RICE SOUP

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 chicken or turkey (12 ounces)
 $\frac{1}{2}$ cup reduced-fat sour cream
2 tablespoons chopped fresh parsley

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.

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.

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Serves 4

Active Time: 35m

Total Time: 35m

NUTRITION FACTS

Amount per serving:

Calories: 344

Total Fat: 8g

Saturated Fat: 3g

Monounsaturated Fat: 4g

Cholesterol: 82mg

Sodium: 792mg

Carbohydrates: 27g

Dietary Fiber: 3g

Total Sugars: N/A

Added Sugars: 0g

Protein: 35g

Potassium: 782mg