Quick Turkey Soup

FOOD WISE
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Ingredients (makes 6 servings, serving size: 1-1/2 cups)

- 2 teaspoons Oil (olive or vegetable)
- 1 cup Onions, chopped
- 1 cup Fresh white mushrooms, sliced (optional)
- 1 clove Garlic, minced or 1/4 teaspoon garlic powder
- 1 can (15 ounces) Diced tomatoes
- 3 cans (14.5 ounces) Low sodium chicken broth
- 1 can (10.75 ounces) Reduced sodium cream of chicken soup
- 1 cup Instant brown rice (uncooked)
- 1 cups Chopped broccoli (frozen or fresh)
- 2 cups Cooked skinless turkey, chopped
- 1/2 teaspoon Ground black pepper

- This recipe is a great way to use leftover turkey!
- If desired, substitute a can of drained beans such as navy, garbanzo, or pinto for the rice.

Directions

1. Heat oil in a large saucepan over medium high heat.
2. Add onions, mushrooms (optional), and garlic.
   Cook, stirring often until onion is tender (about 5 minutes).
3. Add tomatoes, broth, soup, and rice. Cover and cook until rice is nearly tender (15-20 minutes)
4. Stir in the broccoli and turkey. Return to boil.
5. Reduce heat and simmer (partially covered) until broccoli is tender and turkey is heated through (about 5 minutes).
6. Remove from heat and stir in the pepper.

Nutrition Information- Per serving

Calories	240	Total Sugars	5g	Sodium	490mg
Protein	22g	Total Fat	5g	Cholesterol	50mg
Carbohydrate	25g	Saturated Fat	1.5g	Fiber	4g

Recipe from: spendsmart.extension.iastate.edu/recipe/quick-turkey-rice-soup