

Cream of Turkey & Wild Rice Soup

4 servings, about 1 3/4 cups each

Active Time: 35 minutes

Total Time: 35 minutes

Ingredients

- 1 tablespoon extra-virgin olive oil
- 2 cups sliced mushrooms, (about 4 ounces)
- 3/4 cup chopped celery
- 3/4 cup chopped carrots
- 1/4 cup chopped shallots
- 1/4 cup all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 4 cups reduced-sodium chicken broth
- 1 cup quick-cooking or instant wild rice, (see Ingredient Note)
- 3 cups shredded cooked chicken, or turkey (12 ounces; see Tip)
- 1/2 cup reduced-fat sour cream
- 2 tablespoons chopped fresh parsley



Preparation

1. 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.
2. 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.

Nutrition

Per serving: 354 calories; 9 g fat (3 g sat , 4 g mono); 87 mg cholesterol; 27 g carbohydrates; 36 g protein; 3 g fiber; 378 mg sodium; 577 mg potassium.

Nutrition Bonus: Vitamin A (90% daily value), Zinc (20% dv), Iron (15% dv).

Carbohydrate Servings: 2