

## Comforting Turkey, Vegetable and Wild Rice Soup



*With colder weather, there's nothing more comforting than a warm bowl of soup. It's even better when it can serve as a complete meal without much effort! This recipe is perfect for that: one bowl is packed with protein, fibre, and comfort.*

*It's also an excellent way to use up leftover holiday turkey—keep it in your favourites!*

Preparation 10 min

Cooking 30 min

Servings 6

Nutrition Facts (per serving)

Calories 270

Fat 4

Carbohydrates 29

Fibre 4

Protein 30

Sodium 900

### **Ingredients**

- 7.5 ml (½ tbsp) vegetable oil
- 1 onion, minced

- 2 L (8 cups) reduced-sodium chicken broth
  - 250 ml (1 cup) dry wild rice
  - 1 medium carrot, sliced
  - 1 green zucchini, diced
  - 2 celery stalks, diced
  - 2 bay leaves
  - Salt and pepper, to taste
  - Tabasco, to taste
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- ½ cauliflower, cut into small florets
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- 400 g (0.9 lb) cooked, shredded turkey breast (about 600 g raw)

## Preparation

1. In a large pot over medium heat, heat the oil and sauté the onion until softened.
2. Add all the ingredients except the cauliflower and turkey. Bring to a boil.
3. Reduce the heat and simmer for 15 minutes.
4. Add the cauliflower and turkey, then continue cooking for 5–10 minutes or until all the vegetables are tender.

## Notes

Store in an airtight container in the refrigerator for up to 5 days. Can be frozen for up to 3 months.



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