

Turkey and Wild Rice Soup



Serving Size: 4

TOTAL TIME



DIFFICULTY



DAIRY-FREE

Preparation

1. In a soup pot, add broth and bring to a simmer.
2. Add turkey, rice, and vegetables and gently simmer for 30 minutes.

Ingredients

- **6 cups** low-sodium chicken or vegetable broth
- **2 cups** cooked skinless turkey breast, chopped
- **2 cups** cooked wild rice
- **2 cups** carrots, chopped
- **1 cup** celery, chopped

Nutrition Facts Per Serving

Calories	276
Fat	4g
Saturated Fat	1g
Cholesterol	56mg
Carbohydrate	29g
Fiber	4g
Protein	32g

