



Wild Rice and Turkey Chowder

Make delicious use of turkey leftovers in this hardy winter soup. Substitute chicken for turkey in the off season and serve year round.

INGREDIENTS:

½ medium	onion, diced
¼ cup	shallot, diced
1 cup	wild rice
½ cup	grated carrot
8 cups	turkey broth
1 tablespoon	parsley, finely chopped
1 tablespoon	chives, finely chopped
2	bay leaves
1 stalk	fresh thyme
Pinch	black pepper
Pinch	cayenne pepper
½ cup	fresh or frozen corn kernels
1 cup	shredded or diced turkey meat
½ cup	red and green bell pepper, finely diced
1 cup	skim milk
1 tablespoon	corn starch
2 ounces	fat free cream cheese
Pinch	saffron

PREPARATION:

- Heat a large soup pot and add onion and shallot and 1 cup of turkey broth to soften vegetables, simmer until broth is evaporated
- Add rice and carrot and sauté 2 minutes
- Add turkey broth, parsley, chives, bay, thyme, black and cayenne peppers
- Cover and bring to a simmer for 45 minutes
- Add corn, turkey meat and bell peppers
- Combine milk with cornstarch and cream cheese in a blender and process until smooth
- Stir milk mixture into simmering soup to thicken
- Stir in saffron

Serves 10

Serving Size: 1 cup

Calories: 140

Fat Grams: 1.5

