



## Turkey Soup with Rice

6 – 8 servings

1 turkey carcass  
2 stalks celery with leaves, coarsely chopped  
2 carrots, coarsely chopped  
1 onion, peeled and quartered  
1 bay leaf  
8 cups water  
2 Tbsp. olive oil  
1 cup chopped onion  
1 cup chopped celery  
2 tsp. dried thyme  
2 cups chopped carrots  
½ - 1 cup rice (brown, white and/or wild rice)  
2 cups chopped leftover turkey meat  
1 cup frozen or leftover corn  
3 Tbsp. fresh parsley  
Salt and pepper to taste

- In a large pot, combine carcass, celery, carrots, onion, bay leaf and water and bring to a simmer. Simmer for 2 to 3 hours over medium low heat.
- Strain stock in large bowl and discard vegetables and bones. Save turkey stock. In a large pot, add olive oil and cook onions until tender over medium low heat. Stir in celery and thyme. Stir in carrots and rice and toss to coat. Stir in turkey stock and bring to a simmer. Cook until vegetables and rice are tender. Stir in turkey, corn and parsley. Return to simmer and season to taste.

Recipe adapted from *Food Network*

### Nutritional Information

Calories 275	Fat 7g
Saturated fat 1.4g	Carbohydrates 37g
Fiber 2.9g	Protein 14g