Turkey and Wild Rice Soup
Serves 6-8

Soups are an easy way to use leftovers. If you do not have cooked turkey on hand you can substitute ground turkey that has been cooked and drained of any excess fat.

2 cups cooked turkey, finely chopped
1 cup cooked wild rice
1 small onion, minced
2 medium carrots, finely diced
1 rib celery, finely diced
1 teaspoon sunflower oil
6 cups low sodium chicken or turkey broth
1/2 teaspoon dried thyme
1/2 teaspoon dried parsley
1/4 teaspoon dried sage

Place a pot over medium-high heat. Add the oil and when hot add the onions, carrots, and celery. Sauté until soft. Add the broth, turkey, wild rice and seasonings.

Simmer for 20 minutes until the vegetables are soft and the soup reaches 165°F