

Leftover Turkey Soup

Ingredients:

1 cup turkey, cooked
 6 cups water
 1/2 cup brown rice, uncooked
 2 onions
 1/2 green pepper
 3 carrots
 2 stalks celery
 10 ounces corn, frozen
 15 ounces low sodium tomatoes,
 canned, chopped

Equipment:

Cutting board
 Knife
 Large saucepan with lid
 Measuring cups

Number of Servings: 7
 Prep Time: 5 minutes
 Total Time: 1 hour

Directions

1. In a large saucepan, combine turkey, water and rice.
2. Cover and simmer for 1/2 hour.
3. While turkey and rice are cooking, cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces. Set aside.
4. Wash a green pepper and, hold it by the top with the bottom sitting on a cutting board. Slice down one side, cutting between the spines where the white membranes are. Turn the pepper to the next side, and slice off the next side between the spines. Keep turning until you have a skeleton. This piece can be thrown away. Take the sides you have created and slice them apart, then dice the slices. Set aside.
5. Wash a carrot and place it on a cutting board. Cut off both ends. Starting at the small end, slice into thin slices. Set aside.
6. Wash a celery stalk and lay it on a cutting board. Cut off both ends and cut into shorter lengths. Lay these pieces side by side. Cut wider pieces in half lengthwise so that all the pieces are about the same size. Cut across the ends until all pieces are chopped up. Set aside.
7. Add onions, green pepper, carrots, celery, corn, and tomatoes to soup after turkey and rice have cooked for 30 minutes.
8. Cover and simmer for 30 more minutes until vegetables are tender.

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Nutrition Facts

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| Serving Size: 1 1/2 cups | |
| Servings: 7 | |
| Amount Per Serving | |
| Calories 168 | Calories from Fat 27 |
| %Daily Value* | |
| Total Fat 3g | 5% |
| Saturated Fat 1g | 4% |
| Cholesterol 18mg | 6% |
| Sodium 53mg | 2% |
| Potassium 527mg | 2% |
| Total Carbohydrate 28g | 9% |
| Dietary Fiber 4g | 15% |
| Protein 9g | 18% |
| Vitamin A 183% | Vitamin C 41% |
| Iron 8% | Calcium 5% |
| <small>*Percent Daily Values are based on a 2,000 calorie diet.</small> | |

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