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Turkey Wild Rice Soup

Ingredients:

30 oz. low-sodium chicken broth
2 cups water
1 cup long-grain wild rice
2 1/2 cups cubed turkey
1/2 cup sliced mushrooms
2 stalks celery, thinly sliced
1/2 onion, sliced
2 large carrots, sliced
1/2 cup peas
1/2 tbsp olive oil

Directions:

1. In a pot or tall saucepan, heat olive oil over medium heat and then saute the onions and mushrooms.
2. Next, add in wild rice and water according to package directions. Bring to a boil and then cover and simmer to cook the rice.
3. Meanwhile, heat a large pot filled with the chicken broth and water. Once boiling, add in remaining vegetables and cook for 3-5 minutes or until tender.
4. Stir in the turkey and rice mixture and then cover and simmer for 5-8 minutes to allow the flavors to blend.