



Turkey Roast and Rice Soup

Makes: 8 Servings

Make a hearty soup by adding lean, chopped turkey roast. You may also serve turkey roasts with steamed vegetables or side salad and potatoes or rice to make a complete meal.

Ingredients

- 5 ounces** thawed turkey roast (about 1 cup, chopped)
- 4** celery stalks (chopped)
- 4** carrots (peeled and sliced)
- 1** onion (chopped)
- 1** chicken bouillon cube
- 1 teaspoon** black pepper
- 4 cups** water
- 1 tablespoon** margarine

Nutrition Information

Nutrients	Amount
Calories	150
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	10 mg
Sodium	271 mg
Total Carbohydrate	26 g
Dietary Fiber	3 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	7 g
Vitamin D	0 mcg
Calcium	50 mg
Iron	2 mg
Potassium	249 mg

N/A - data is not available

MyPlate Food Groups

■ Vegetables	3/4 cup
■ Grains	1 ounce
■ Protein Foods	1/2 ounce

1 cup rice (uncooked)

1 can low-sodium green beans (drained, about 15 ounces)

Directions

1. In a large pot over high heat, add the turkey roast, celery, carrots, onion, bouillon cube, black pepper, and 4 cups of water. Bring to a boil, reduce the heat, and cook over low heat for 30 minutes.
2. Cook rice according to package directions.
3. Add cooked rice and green beans into the soup and stir. Cook for 5 more minutes.

Source: Recipe adapted from Commodity Supplemental Food Program Cookbook