

North Woods Wild Rice Soup

Soup of the Month – February 2013



Soup's on. Serve this hearty soup with whole grain rolls and fresh fruit to make it a meal.

Prep Time: 20 Min

Start to Finish: 8 Hr. 20 Min

Makes: 6 servings

INGREDIENTS

2 teaspoons vegetable oil
1 medium onion, chopped (1/2 cup)
2 medium stalks celery, diced (1 cup)
2 medium carrots, diced (1 cup)
1 cup diced smoked turkey (6 ounces)
1/2 cup uncooked wild rice
1 teaspoon dried tarragon leaves
1/4 teaspoon pepper
2 cans (14 1/2 ounces each) chicken broth (add reduced sodium to help lower the sodium in this recipe)
1 can (12 ounces) evaporated fat-free milk
1/3 cup all-purpose flour
1 cup frozen sweet peas, thawed

DIRECTIONS

1. Heat oil in 10-inch skillet over medium heat. Cook onion in oil about 4 minutes, stirring occasionally, until tender.
2. Place onion, celery, carrots, turkey, wild rice, tarragon and pepper in 3 1/2- to 6-quart slow cooker. Pour broth over top.
3. Cover and cook on low heat setting 6 to 8 hours or until wild rice and vegetables are tender.
4. Mix milk and flour; stir into soup. Cover and cook about 20 minutes or until thickened. Stir in peas during last 15 minutes of cooking.

Recipe Provides: Dairy 1/2c, Grains 1oz-equivalents, Meat & Beans 1oz-equivalents, Vegetables 1/2c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	220	Calories from Fat:	35
Total Fat:	3 1/2 g	Saturated Fat:	1 g	Cholesterol:	15 mg
Sodium:	1060 mg	Total Carbohydrate:	31 g	Dietary Fiber:	3 g
Sugars:	10 g	Protein:			16 g



This recipe adapted from

WWW.eatbetterearly.com