

My Recipe Obsession

Turkey Soup

- *Serves:* 12+
- *Hands-on Time:* 20 minutes
- *Cooking:* 34-54 minutes

Ingredients:

- 3 medium onions, peeled and very roughly chopped
- 2 large carrots, peeled and cut into 1 inch pieces
- 2 celery ribs, cleaned and cut into 2 inch pieces
- ½ cup butter
- 1 cup all-purpose flour
- 3 quarts of turkey or chicken broth, homemade or commercial*
- 4 cups turkey or chicken meat, removed from the soup bones and cut into bite size pieces**
- 1 cup uncooked long grain rice (either white or brown; I usually use brown)
- 2 tsp. salt
- 1 tsp. chicken bouillon granules
- ¾ tsp. freshly ground black pepper
- One, 354mL can evaporated milk (add enough regular milk to the evaporated milk to have 2 cups worth of milk)



Steps:

1. Blitz the onions, carrots, and celery in a food processor until they are close to finely chopped, but not quite - and certainly not minced or puréed. You may have to do this in batches, depending on the size of your processor. You can also finely chop the veggies by hand.
 2. In a large pot or Dutch oven, melt the butter. Add the prepared vegetables and sauté them until tender. Reduce the heat and stir in the flour so that it is well combined. Gradually stir in 1 quart of the broth. Bring to a boil and cook, stirring constantly, until thickened - 3 to 4 minutes.
 3. Add the remaining ingredients, except the evaporated milk, reduce the heat, and simmer, covered, for 45 to 50 minutes or until the rice is tender. The cooking time will be about 30 minutes if you are using white rice.
 4. Stir in the 2 cups of milk. You can freeze this soup with the milk in it.
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*When using store-bought broth, buy the no or sodium reduced type in the 1 litre carton. A little short of homemade broth? Make up the difference with water and increase the amount of chicken bouillon granules by ½ tsp.

** If you don't have leftover cooked meat, either cook 2 chicken breasts or 6 thighs, 4 turkey thighs, or get a cooked rotisserie chicken.