

Turkey, Rice, and Broccoli Soup



Ingredients:

- 2 teaspoons oil – vegetable or canola
- 1 cup onions, chopped
- 1 cup fresh white mushrooms, sliced (optional)
- 1 clove garlic, minced or ¼ teaspoon garlic powder
- 1 can (15 oz.) no salt added diced tomatoes
- 3 cans (14.5 oz.) low sodium chicken broth
- 1 can (10.75 oz.) reduced sodium cream of chicken soup
- 1 cup instant brown rice, uncooked
- 2 cups chopped broccoli (frozen or fresh)
- 2 cups cooked skinless turkey, chopped
- ½ teaspoon ground black pepper

**Seasonal
and Simple**

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See instructions on reverse.

Source: seasonalandsimple.info

Turkey, Rice, and Broccoli Soup, continued

Instructions:

1. Heat oil in large saucepan over medium-high heat.
2. Add onions, mushrooms (if using) and garlic. Cook, stirring often, until onion is tender (about 5 minutes).
3. Add tomatoes, broth, cream of chicken soup and rice. Cover and cook until rice is nearly tender (15-20 minutes).
4. Stir in the broccoli and turkey. Return to boil.
5. Reduce heat and simmer (partially covered) until broccoli is tender and turkey is heated through (about 5 minutes).
6. Remove from heat and stir in pepper.

Enjoy making this healthy and delicious recipe!

Visit marc.org/kcfresh for more information and recipes.

