

Turkey/Chicken & Wild Rice Soup

Yield: Approximately 6-8 servings

- Avocado oil, ghee or coconut oil
- 2 Cups sliced mushrooms, preferably cremini
- ½ Cup chopped celery
- 1 Cup chopped carrots
- ½ Cup chopped shallots or onion
- ¼ Cup all-purpose regular or Gluten-free flour
- 4 Cups chicken or turkey stock
- 2 Cups cooked wild rice
- 2 Cups shredded cooked turkey or chicken
- Salt & pepper to taste
- 1/2 Cup sour cream or plain Greek style yogurt, optional
- 2 Tablespoons chopped fresh parsley



Heat large saucepan or soup pot over medium heat. Add oil to coat bottom then add mushrooms, celery, carrots and shallots and cook, stirring, until softened, about 5 minutes. Add flour and cook, stirring, for about 2 minutes more making sure flour is fully incorporated.

Add broth slowly, stirring well after each addition, and bring to a boil, scraping up any browned bits. Cook until starting to thicken, about 5 minutes. Add rice and turkey and reduce heat to a simmer. Cover and cook until heated through, about 10 minutes. Season with salt and pepper to taste. Stir in sour cream, if using, and parsley and serve.

Note: If you will be freezing or storing soup for future use, do not sour cream until you are ready to serve. Soup will keep 5-7 days in the refrigerator or up to 3 months in freezer.