

Turkey and Rice Soup



Makes:

11 servings, approximately 1 cup each

Utensil:

Saladmaster Food Processor
5 Qt./4.7 L Multi-Purpose Oil Core

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Recipe:

Contributed By:

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$\frac{3}{4}$ cup
onion, processed, use Cone #3

(120
g)

$\frac{1}{2}$ cup
carrots, waffled, use Cone #5

(64
g)

1 rib celery, sliced, use Cone #4
8 cups

turkey stock or broth
(1.9
L)

2 teaspoons
salt, optional

(6
g)

2 teaspoons
salt-free chipotle seasoning or similar

(5
g)

1 cup
dry white basmati rice

(195
g)

1 cup
yellow squash, processed, use Cone #3

(124
g)

1 cup
zucchini, strung, use Cone #2

(124
g)

$1\frac{1}{2}$ cups
cooked turkey breast, diced

(340
g)

Directions:

1. Preheat electric roaster to 425°F/220°C. When several drops of water sprinkled on pan skitter and dissipate, add onion, carrots and celery. Sauté until clear.
2. Add turkey broth, salt, chipotle seasoning and rice. Cover and cook.
3. When Vapo-Valve™ clicks, reduce heat to 225°F/105°C. Cover and cook 10 - 15 minutes.
4. Add squash, zucchini and turkey. Cover and continue to cook until rice is tender, about 5 - 10 minutes.
5. Add diced tomatoes and serve.

Tips:

- To make Turkey Tortilla Soup, thinly slice corn tortillas and toast in oven. To each individual serving, add sliced avocado and top with toasted tortilla slices, salsa and fat-free sour cream.

Nutritional Information per

▼ Serving

Calories: 117
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 11mg
Sodium: 489mg
Total 19g
Carbs:
Dietary Fiber: 1g
Sugar: 2g
Protein: 8g