

Simple Leftover Turkey Noodle Soup

A simple low calorie recipe for leftover turkey with several delicious variations. Of course, you can always chicken instead.

Serves: 6

Ingredients

- 4 cups turkey stock or chicken broth
- 1 cup water
- 4 medium carrots, peeled and sliced (2 cups)
- 4 medium celery stalks, sliced (2 cups)
- 1 medium onion, peeled and chopped (1/2 cup)
- 1 cup uncooked medium egg noodles
- 2-1/2 cups chopped cooked turkey
- Salt and pepper to taste
- Chopped fresh parsley, if desired



Instructions

1. In a large soup pot or Dutch oven, heat turkey stock, water, carrots, celery and onion to boiling. Lower heat, cover and simmer until carrots are tender, about 15 minutes.
2. Stir in the noodles and turkey and bring to a boil. Lower heat and simmer, uncovered until noodles are tender, about 8 minutes. Season to taste with salt and pepper. Sprinkle with parsley if desired.

Nutrition estimates (1 cup): 197 calories, 4 g fat, 14 g carbs, 3 g fiber, 22 g protein

Variations:

Turkey Rice Soup: Substitute 1/2 cup regular long grain white rice for the uncooked noodles. Add the rice with the vegetables. cover and simmer about until rice is tender, about 15 minutes. Stir in the turkey and heat until it's hot.

Turkey Noodle Vegetable Soup: Add 1/2 cup each frozen peas and corn or 1 cup frozen mixed vegetables with noodles and turkey.

Recipe adapted from Simple Nourished Living