



 **44%**
HEALTH SCORE

Sarasota's Minnesota Turkey, Mushroom and Wild Rice Soup

 **Gluten Free**

READY IN



75 min.

SERVINGS



4

CALORIES



652 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 2 tablespoons butter
- 1.5 cups celery leaves sliced thin
- 1 small fennel bulb sliced cut in half and thin
- 2 tablespoons parsley fresh fine chopped
- 1 teaspoon rosemary leaves fresh fine chopped
- 1 tablespoon thyme sprigs fresh fine chopped

- 3 teaspoons garlic minced
- 0.8 cup cup heavy whipping cream
- 1 leek sliced thin
- 4 cups mushrooms sliced thin (I use a mix of cremini, button, shitaki, morel, etc. Just don't use one, mix it up)
- 4 servings bell pepper
- 4 servings salt
- 0.5 cup cooking sherry
- 2 large onion sweet sliced cut in quarters and thin (2 cups)
- 2 cups turkey diced cooked canned (you can substitute chicken)
- 6 cups turkey broth fine (chicken is)
- 1.3 cups rice wild uncooked
- 0.5 teaspoon worcestershire sauce

Equipment

- pot

Directions

- Soup Base -- In a large pot, melt the butter and add the leeks, onions, celery, fennel and garlic and cook on medium heat until slightly translucent and soft. About 5 minutes.Rice --
- Add the rice right to the vegetable mixture and stir until well combined - then add the broth (start with 5 cups; you can always add more as the rice cooks), thyme, rosemary, worcestershire and bay leaf. Cover and cook on low heat (simmer) approximately 30 minutes until the rice is somewhat tender. Once again, taste for seasoning (salt and pepper) and add more broth if necessary. It depends on how thin or thick you like your soup. The soup still has a bit more time to cook which will allow the rice to finish cooking.Mushrooms -- At this point, add the sherry wine and mushrooms and continue to cook another 15-20 minutes until the rice is tender and the mushrooms are soft.Finish -- Everything is done - Now to finish off the soup. First, add in the turkey or chicken; and add the heavy cream to the soup. Increase the heat to medium and bring to a light boil and then reduce to a simmer for 5 minutes. Stir and add in any additional seasoning if necessary and the fresh parsley.

Serve -- My favorite way to serve this is with a toasted baguette with melted gruyere cheese. Now, if you happen to have truffle oil -- drizzle a little on top, it is heaven. Can't get much better than that! ENJOY!

Nutrition Facts

PROTEIN 17.69% **FAT 36.77%** **CARBS 45.54%**

Properties

Glycemic Index:100.25, Glycemic Load:24.96, Inflammation Score:-10, Nutrition Score:46.788695314656%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 6.88mg, Apigenin: 6.88mg, Apigenin: 6.88mg, Apigenin: 6.88mg Luteolin: 2.22mg, Luteolin: 2.22mg, Luteolin: 2.22mg, Luteolin: 2.22mg Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg Quercetin: 24.76mg, Quercetin: 24.76mg, Quercetin: 24.76mg, Quercetin: 24.76mg

Nutrients (% of daily need)

Calories: 652.25kcal (32.61%), Fat: 26.98g (41.51%), Saturated Fat: 14.92g (93.26%), Carbohydrates: 75.2g (25.07%), Net Carbohydrates: 63.88g (23.23%), Sugar: 22.28g (24.76%), Cholesterol: 108.31mg (36.1%), Sodium: 1757.81mg (76.43%), Alcohol: 3.09g (100%), Alcohol %: 0.37% (100%), Protein: 29.22g (58.43%), Vitamin C: 124.31mg (150.67%), Vitamin K: 113.23µg (107.84%), Vitamin A: 4312.53IU (86.25%), Manganese: 1.55mg (77.53%), Vitamin B3: 13.46mg (67.31%), Vitamin B2: 1.1mg (64.85%), Vitamin B6: 1.25mg (62.51%), Phosphorus: 580.84mg (58.08%), Folate: 211.1µg (52.77%), Potassium: 1677.32mg (47.92%), Fiber: 11.32g (45.29%), Copper: 0.9mg (45.25%), Magnesium: 179.54mg (44.89%), Zinc: 5.7mg (38.01%), Selenium: 26.07µg (37.25%), Vitamin B5: 3.39mg (33.92%), Vitamin B1: 0.4mg (26.75%), Iron: 4.67mg (25.95%), Vitamin E: 3.22mg (21.45%), Calcium: 198.21mg (19.82%), Vitamin B12: 0.8µg (13.31%), Vitamin D: 1.06µg (7.03%)