



Turkey Chowder with Wild Rice, Crimini, and Pancetta

READY IN



45 min.

SERVINGS



8

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 0.3 cup butter ()
- ☐ 2 carrots diced
- ☐ 2 celery stalks chopped
- ☐ 1.5 cups corn kernels frozen
- ☐ 5.5 cups crimini mushrooms sliced (baby bella)
- ☐ 1 teaspoon rosemary dried crushed
- ☐ 1 cup heavy whipping cream

- ☐ 6 ounce pancetta diced italian sliced (bacon)
- ☐ 8 servings parsley fresh italian chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup shallots chopped
- ☐ 2 cups turkey meat cooked chopped (reserved from carcass)
- ☐ 10 cups turkey stock
- ☐ 1 tablespoon vegetable oil
- ☐ 2.5 cups water
- ☐ 5 ounces rice wild rinsed drained

Equipment

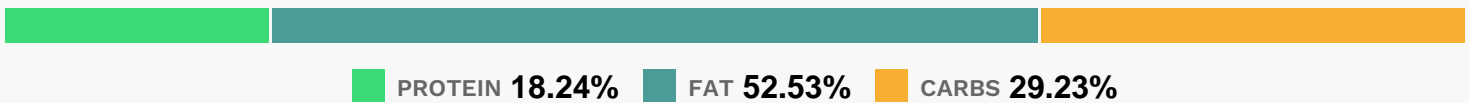
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Bring 2 1/2 cups water, rice, and 1/4 teaspoon salt to boil in medium saucepan. Reduce heat to low, cover, and simmer until rice is tender but still firm to bite, 45 to 60 minutes (time will vary depending on variety of rice).
- ☐ Drain; set aside.
- ☐ Heat oil in heavy large pot over medium heat.
- ☐ Add pancetta and cook until browned, stirring often, about 8 minutes. Using slotted spoon, transfer pancetta to paper towels to drain.
- ☐ Add mushrooms to pot and cook until beginning to brown, about 8 minutes.
- ☐ Transfer to medium bowl.
- ☐ Add butter to same pot.
- ☐ Add carrots and celery. Cover; cook until vegetables begin to soften, stirring often, about 5 minutes.

- ☐ Add shallots; stir until soft, about 2 minutes.
- ☐ Sprinkle flour over and stir 1 minute. Return mushrooms to pot.
- ☐ Mix in Turkey Stock and rosemary; bring to boil, stirring occasionally. Reduce heat to medium-low, partially cover, and simmer 15 minutes.
- ☐ Add rice, pancetta, turkey meat, and corn to soup. Simmer to blend flavors, about 10 minutes. Stir in cream. Season to taste with salt and pepper. DO AHEAD: Can be made 3 days ahead. Cool slightly. Chill uncovered until cool. Cover and keep chilled. Rewarm over medium heat before serving.
- ☐ Divide soup among bowls, sprinkle with parsley, and serve.

Nutrition Facts



Properties

Glycemic Index:48.98, Glycemic Load:10.83, Inflammation Score:-10, Nutrition Score:26.681739496148%

Flavonoids

Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 533.59kcal (26.68%), Fat: 31.61g (48.63%), Saturated Fat: 14.82g (92.61%), Carbohydrates: 39.57g (13.19%), Net Carbohydrates: 36.36g (13.22%), Sugar: 10.18g (11.31%), Cholesterol: 95.22mg (31.74%), Sodium: 817.66mg (35.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.69g (49.38%), Vitamin A: 3549.14IU (70.98%), Vitamin K: 73.54µg (70.04%), Vitamin B3: 12.31mg (61.54%), Selenium: 35.17µg (50.24%), Vitamin B2: 0.75mg (44.27%), Phosphorus: 368.59mg (36.86%), Vitamin B6: 0.69mg (34.49%), Copper: 0.6mg (29.78%), Potassium: 931.5mg (26.61%), Manganese: 0.46mg (22.8%), Vitamin B1: 0.33mg (21.89%), Zinc: 3.27mg (21.8%), Folate: 83.16µg (20.79%), Magnesium: 74.83mg (18.71%), Vitamin B5: 1.66mg (16.65%), Iron: 2.39mg (13.27%), Fiber: 3.2g (12.82%), Vitamin B12: 0.65µg (10.82%), Vitamin C: 8.7mg (10.55%), Vitamin E: 1.11mg (7.4%), Calcium: 68.3mg (6.83%), Vitamin D: 0.68µg (4.54%)