

SOUP

Turkey Noodle Soup Mix

13 September 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
15 min	15 min	10	\$0.12	36 kcal



Turkey Noodle Soup Mix is a hor d'oeuvre that serves 10. For 12 cents per serving, this recipe covers 2% of your daily requirements of vitamins and minerals. Watching your figure? This dairy free recipe has 36 calories, 2g of protein, and 0g of fat per serving.

Ingredients

- ☐ 1 bay leaf
- ☐ 1½ tablespoons chicken bouillon granules
- ☐ 2 tablespoons dried minced onion
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.1 teaspoon celery seed
- ☐ ½ teaspoon dried dill weed
- ☐ 1 cup uncooked medium egg noodles
- ☐ ¼ cup red lentils

EQUIPMENT Sauce pan

Method

- 1 In a small (1 pint), glass jar, layer from bottom to top, lentils, minced onion, bouillon, dill, celery seed, garlic powder, bay leaf and noodles. Seal jar.
- 2 Attach a card with the following instructions: Bring 8 cups water to boil in a large saucepan over high heat. Stir in jar of soup mix. Cover, reduce heat and simmer 15 minutes.
- 3 Remove and discard bay leaf. Stir in 1 (10 ounce) package frozen mixed vegetables and 2 cups cooked, diced turkey meat. Cook 5 minutes more, or until vegetables and turkey are heated through and tender.

Nutrition per serving

36 KCAL	2 g PROTEIN	0 g FAT	6 g CARBS
Saturated Fat			0.1 g · 1% of daily needs
Fibre			1.6 g · 6% of daily needs
Sugar			0.7 g · 1% of daily needs
Sodium			181 mg · 8% of daily needs
Cholesterol			3.3 mg · 1% of daily needs
Vitamin C			1 mg · 1% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/turkey-noodle-soup-mix-142415