

Turkey Wild Rice Soup (Andrew)

Ingredients

- 2 Tbsps olive oil (or butter)
- Salt and pepper
- 2 medium onions, medium to large dice
- 2 cups of mushrooms, medium to large dice
- 1 teaspoon dried thyme
- 2 bay leaves
- 2 cloves garlic, rasped
- 1 cup wild rice
- ~2 litres of turkey stock (can use chicken stock)
- 2 cups of leftover turkey, medium to large dice
- 2 carrots, medium to large dice
- 2 celery ribs, medium to large dice

Method

1. Cook diced onions in a large stock pot with olive oil, seasoned with salt and pepper, over medium heat to soften - ~5 to 10 minutes.
2. Add mushrooms, season with salt and pepper, cover to release water, and then uncover and cook until most of the water is gone.
3. Add thyme, bay leaves and garlic and stir well to combine. Then add wild rice and stir to coat.
4. Deglaze pot with stock, adjust salt and pepper, and bring to a light boil. Cook at a light boil (low-medium heat) until rice is done - ~30 minutes to 1 hour.
5. Add diced turkey and vegetables. Cook at a light boil until vegetables are softened to taste (e.g. about 5 minutes for firm, once the soup returns to the boil). Taste for salt and pepper, and serve.

Notes

- The amounts of turkey, rice and vegetables can be adjusted to taste.
- You can brighten the flavor with a bit of lemon juice or sherry just before serving.
- Could add some mild sausage (e.g. Italian) or bacon, diced. Cook it first and then add the onion, omitting the butter or olive oil. You may need to remove some of the fat.
- Can substitute other grains (e.g. barley) or legumes (e.g. white beans) for the rice and use other vegetables.
- Once the rice is cooked, the turkey can be added and a portion of the soup base frozen for future meals – just thaw, bring to boil, add an appropriate portion of vegetables, soften and serve. You can also freeze the soup with vegetables, it just makes them quite soft.