

Turkey Soup with Ginger

Makes 8 servings



Ingredients

- 6 leeks - white part only
- 8½ cups of turkey/chicken stock
- 4 carrots - peeled and sliced
- 2 inches of frozen ginger grated
- 2 cups of turkey - diced
- ¼ lemon - freshly squeezed
- 1 tsp of salt
- pepper to taste
- ½ cup of mint - fresh, shredded

Directions

- ☞ Soak sliced leeks in a large bowl of cold water for 10 minutes. Lift & set aside leeks, ensuring to leave the grit in the bowl.
- ☞ In a large saucepan, bring to a boil the turkey stock and carrots.
- ☞ Cover & simmer for 5 minutes.
- ☞ Add the leeks and ginger. Continue to cook, covered until the vegetables are just tender, about 5 more minutes.
- ☞ **OPTIONAL:** To create a creamier liquid, set aside half of the vegetables. Puree the remaining half with the broth. Replace the vegetables & gently stir.
- ☞ Add the diced turkey, lemon juice, salt, and pepper.
- ☞ Simmer until the turkey is heated through, about 2 minutes.
- ☞ Adjust the seasonings if needed.
- ☞ Add the shredded mint and serve immediately.

Nutrients (approximately)

112 Calories per serving,
Fat 2g, Saturated Fat 0g, Cholesterol 15mg, Sodium 650mg,
Carbohydrates 14.8g, Fiber 2.3g, Sugars 4.6g, Protein 10.1g

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