

A Year of Healthy Soup!

FALL COLLECTION

Thanksgiving Soup

Makes 3½ quarts soup or 10 servings

- 4 cups Turkey Meat (approx. 2 lb. piece boneless or 2½ lb. piece w/ bone)
- Salt and Pepper
- 1 large or 2 small Onions – diced (approx. 3 cups)
- 1 Leek – chopped (approx. 1 cup)
- 3 ribs Celery – diced (approx. 1½ cups)
- 16 baby or 4 full Carrots – diced (approx. 2 cups)
- 8 oz. Mushrooms – sliced
- 2 cups Spinach – chopped
- 1 cup Green Beans - julienned
- 3 cloves Garlic – crushed
- 1/3 Butternut Squash – diced (approx. 2 cups)
- 1 large Russet Potato – diced (approx. 2 cups)
- 1 large Sweet Potato - diced (approx. 2 cups)
- ¼ cup Olive Oil (or Canola)
- 2½ quarts homemade Turkey Stock (see recipes) (can substitute boxed)
- 2 tsp. Salt
- 2 tsp. Pepper
- 1 tsp. Curry Powder
- 2 TBS. Fresh Mixed Poultry Herbs (Parsley, Sage, Rosemary, and Thyme) - chopped
- 1 cup Cranberry Sauce or ¼ cup Dried Cranberries and ¼ cup Pecans

Set oven to 350 degrees. Place turkey on a cooking sheet or roasting pan. Salt and pepper the turkey, then roast it until cooked thru, approximately 60 minutes or more depending on the size. • Meanwhile, dice and chop the squash and potatoes, toss with 2TBS. of the olive oil and then lightly salt and pepper. Spread on a sheet or roasting pan. Do the same with the other veggies and garlic, adding the 2 TBS. olive oil and lightly salt and pepper. Put both pans in the oven and roast along with turkey, cooking approximately 45 minutes, stirring every 15 minutes, until they are fork tender, but not mushy. Remember not to overcook the veggies and to toss them occasionally so they cook evenly. • Allow the turkey to cool a little. When the turkey is cool enough to touch, remove it from bone and chop into small pieces. Veggies will be ready to go. • Put half of the squash and potatoes and 2 cups of the turkey stock in a large soup pot or Dutch oven. Emulsify with hand blender/emulsifier or food processor. Put the rest of the squash and potatoes, as well as the other sheet of veggies in the pot. Add the other 1½ quarts of turkey stock and simmer on low heat. Add the spices, herbs and seasoning. • Check consistency and lightly emulsify with hand blender/emulsifier or food processor if a thicker soup is desired. Be sure not to puree too much. • Add the turkey meat and let simmer for 30 minutes. • Check and adjust seasoning. If soup is too thick, add a little more stock or water. Just remember to check seasoning and adjust if needed. Serve with cranberry sauce or dried cranberries and nuts on top.