

Cream of Turkey and Wild Rice Soup

Doris Cox - New Freedom, PA

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Servings: 6

Preparation Time: 15 minutes

Cook Time: 20 minutes

1 medium onion, chopped

1 can (4 ounce) sliced mushrooms, drained

2 tablespoons butter

3 cups water

2 cups chicken broth

1 package (6 ounce) long grain and wild rice mix

2 cups cooked turkey, diced

1 cup heavy whipping cream

fresh parsley, minced

In a large saucepan, saute' the onion and mushrooms in butter until the onion is tender. Add the water, broth and rice mix with seasoning. Bring to a boil. Reduce the heat. Simmer until the rice is tender, 20 to 25 minutes.

Add the turkey and cream. Heat through.

Sprinkle with parsley and serve.

Per Serving (excluding unknown items): 273 Calories; 21g Fat (70.5% calories from fat); 17g Protein; 4g Carbohydrate; trace Dietary Fiber; 100mg Cholesterol; 346mg Sodium. Exchanges: 2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.