



Curried Turkey/Chicken Soup

Yield: Serves 4 to 6

Ingredients:

2 Tbsp olive oil
2 cups chopped onion
1 cup chopped celery
1 cup chopped carrot
2 firmly packed cups spinach, Swiss Chard or kale, deveined and chopped
4 teaspoons yellow curry powder
4.5 cups of chicken or turkey broth
1/4 cup raw brown rice
2 green apples, peeled, cored, and diced
1/2 teaspoon kosher salt (may add more to taste)
2 bay leaves
1/4 teaspoon black pepper
2 cups of chopped cooked turkey or chicken breast meat
1/4 cup regular or light coconut milk
Plain Greek yogurt for garnish
Chopped chives or parsley for garnish

Method:

1. Heat olive oil over medium heat in a large (6 to 8 quart) pot. Add the onions, celery, and carrots and cook until softened, about 8 to 10 minutes. Add the curry powder, mix well and cook for an additional two minutes.
2. Add the bay leaves, chicken broth and rice, increase the heat to high and bring the stock to a rolling boil. Lower the heat to maintain a simmer. Simmer for 10 minutes.
3. Add the chopped apples, greens (spinach chard or kale) salt, and pepper. Simmer for 10 - 15 more minutes or until the rice and apples are cooked to desired firmness.
4. Add cooked turkey/chicken and coconut milk. Return to a simmer for an additional 5 minutes or until meat is heated. Add more salt and pepper to taste.

Serve garnished with a dollop of Greek yogurt and chopped fresh chives or parsley.

Inspired by Simply Recipes