

POST-THANKSGIVING RECIPE: TURKEY & WILD RICE SOUP WITH WILD MUSHROOMS

This is especially convenient if wild rice, or mixed rice, was on your Thanksgiving menu; even if it had flavorings of its own, it can be used here. Or substitute brown rice. If you are particularly energetic, make your own turkey stock from the carcass.

INGREDIENTS:

- ☐ 1 tablespoon butter
- ☐ 1 carrot, chopped
- ☐ 1 leek (white and light green parts only), cleaned and chopped
- ☐ 1 pound mixed mushrooms (such as portobello, chanterelle, brown or white mushrooms), stemmed and thinly sliced
- ☐ ½ teaspoon dried thyme
- ☐ ½ cup dry sherry or Marsala
- ☐ 1½ cups chopped roast turkey
- ☐ 2 cups cooked wild rice or brown rice
- ☐ 1 quart turkey stock or chicken broth
- ☐ 1 cup cream
- ☐ Salt and freshly ground pepper to taste

INSTRUCTIONS: Melt the butter in a deep saucepan over medium-high heat. Add the carrot and leek and cook, stirring, until softened, about 5 minutes. Stir in the mushrooms and the thyme and cook until the mushrooms have exuded liquid and shrunk down, about 10 minutes. Pour in the sherry and cook until the liquid evaporates.

• Add the turkey, wild rice and stock; bring to a boil. Simmer, uncovered, for 5 minutes, then add the cream and simmer 5 minutes. Season to taste with salt and pepper.

Serves 6.

PER SERVING: 300 calories, 18 g protein, 21 g carbohydrate, 17 g fat (10 g saturated), 77 mg cholesterol, 65 mg sodium, 4 g fiber.