

Fit to A Tee Recipes: November 2020

The *ULTIMATE* Thanksgiving Leftover!!!



Turkey Soup

(This is exactly the same if you use chicken)

The carcass from your Thanksgiving turkey (after carving, put all the bones in a bag and chill)

- 2 carrots
- 2 stalks celery
- 1 turnip
- 2 parsnips
- 1 medium onion
- 6 sprigs parsley, 6 sprigs fresh thyme (tied together with twine)
- 10 peppercorns, whole
- 1 bay leaf

Place all the ingredients in a large stock pot with 12 cups water. Bring to a boil. Reduce the heat to maintain a very slow simmer. (DO NOT BOIL) Simmer, partially covered, for at least two hours. More if you want it richer in flavor. Up to 3.5 hours. Add salt and pepper to taste. Strain. To serve: add any leftover turkey, cooked rice or any size noodle. Add fresh sliced carrots and or celery, spinach, bok choy or other green.

Or Make This: Turkey with Wild Rice Soup

- 4 cups turkey (or chicken) broth from above recipe!
- 1 6-ounce box long-grain and wild rice mix **prepared** according to package directions
- 1 TBLS olive oil
- 1 ½ C chopped red onion
- 1 cup EACH chopped carrot and celery
- 8 ounces sliced mushrooms (don't like them, omit them)
- ¼ cup flour
- ½ tsp dried tarragon
- ½ teaspoon dried thyme
- 2 cups water
- 1 12 ounce can fat-free evaporated milk
- 2-3 cups shredded turkey (or chicken)

1. Heat oil in a large pot. Add chopped onion, carrots, celery and mushrooms. Sauté for 6 minutes or until tender.
2. Stir the flour, tarragon and thyme in the above mixture; Cook for 1 minute, stirring
3. Add the water, broth and evaporated milk. Bring to a boil. Reduce heat and simmer for 30 minutes. Stir in the cooked rice. Heat through for 10 minutes. Serve.