



Turkey Noodle Soup

Makes 8 servings | Grains | Protein

Ingredients

- 6 cups low-sodium broth*
- 1 pound cooked turkey *
- 2 cups uncooked egg noodles
- ½ pound carrots, shredded
- 2 stalks celery, diced
- 2 teaspoons parsley
- 1 teaspoon salt
- ¼ teaspoon black pepper

*If making soup from a leftover whole turkey, see Turkey Broth recipe card

Directions

1. Wash hands with warm soapy water for 20 seconds.
2. In a large saucepan combine the broth, turkey, and vegetables.
3. Bring to a boil, then reduce heat and cook 15 minutes.
4. Add noodles and cook 15 more minutes, or until noodles are tender.

A note on freezing

If making the soup to freeze, leave out the noodles so they do not get mushy when the soup thaws. To prepare frozen soup, thaw and bring to a boil. Then add noodles.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyo.cnpp.org/wrir/>

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