

Turkey Noodle Soup

Makes 8 servings | Grains • Protein

Ingredients

- 6 cups low-sodium broth*
- 1 pound cooked turkey, shredded or diced into bite-sized pieces*
- 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 (see below).

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.

Turkey Broth

Makes 8 cups

Ingredients

- Leftover turkey with bones and meat
- 4 carrots, sliced
- 4 celery stalks, sliced
- 8-9 cups water
- 1 teaspoon salt
- ½ teaspoon black pepper

Directions

1. Wash hands with warm soapy water for 20 seconds.
2. If there is quite a bit of meat left on the turkey, remove most of it, leaving small pieces.
3. Place turkey bones and meat into a large pot.
4. Add water to cover. Heat to boiling then reduce heat and simmer for 1 hour.
5. Add sliced carrots, celery, salt, and pepper. Simmer 30 more minutes.
6. Remove turkey and bones from the pot. Let it cool then remove any remaining meat from the bones.
7. Divide meat between 4 freezer-safe containers. Divide broth and vegetables between the containers. Freeze and use for soups and casseroles.



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 local CNP educator.

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