

NICHOLAS



MARKETS

Nutritionist's choices

Thanksgiving Recovery Turkey Soup

Get creative and use all that leftover turkey from Thanksgiving dinner in this paleo friendly Turkey Soup! Full of hearty vegetables, protein packed turkey and homemade bone broth, this soup is a perfect way to detox and recover from that Turkey Day food coma!

INGREDIENTS:

- 1 leftover Turkey Carcass/Bones
- 4 Carrots, peeled and chopped, divided
- 5 Celery ribs, chopped, divided
- 2 cloves Garlic, chopped
- 1 Onion, peeled and cubed
- 2 tablespoons Apple Cider Vinegar
- Salt and Pepper to taste
- Water to cover
- 1 medium Sweet Potato, peeled and chopped
- 12 ounces Mushrooms, sliced
- ¼ - ½ teaspoon Poultry Seasoning
- 1 Bay Leaf (optional)
- 3 cups leftover shredded Turkey
- 1 cup Broccoli, chopped

DIRECTIONS:

1. In a slow cooker, layer the turkey carcass/bones, half of the carrots and celery, onion, garlic and apple cider vinegar. Cover with water and season with salt and pepper.
2. Cover and cook on low for 4-6 hours, or overnight.
3. Strain the turkey carcass and vegetables from the broth and transfer broth to a soup pot.
4. Add the remaining carrots and celery, sweet potato, mushrooms, poultry seasoning, broccoli and turkey broth. Season with salt and pepper to taste.
5. Bring to a boil, reduce heat and simmer 30 minutes or until everything is tender. Enjoy!

Nutrition Facts

Serving size 1.5 Cups
(339g)

Amount per serving

Calories 150

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 140mg 6%

Total Carbohydrate 15g 5%

Dietary Fiber 4g 14%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 19g

Vitamin D 0mcg 0%

Calcium 87mg 6%

Iron 1mg 6%

Potassium 688mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe Yield: 8 Servings

Source: blog.paleohacks.com

Ask Kate!

Katelyn is a graduate of Montclair State University with a Master's degree in Nutrition and Food Science. Her knowledge and passion for nutrition, paired with her love for food, has made her a community "go to" for nutrition education events, food demos and Nicholas Markets store tours!



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