

Sarahs Spicy Curry Turkey Soup

Rating: ★★★★★

Prep time: 5 minutes

Cook time: 45 minutes

Makes: 6 Servings

This turkey curry soup is a fun and flavorful dish to make with turkey dinner leftovers. You can use your leftover cranberry sauce to garnish the soup. A spoonful of cranberry sauce or chutney adds a cooling sweet, tangy flavor to balance the spicy curry. - Sarah, MyPlate Nutritionist

Ingredients

- 1 **tablespoon** olive oil
- 1 **tablespoon** butter
- 1 **cup** onion (diced)
- 1 **cup** celery (diced)
- 1/4 **teaspoon** salt
- 1/8 **teaspoon** pepper
- 2 **tablespoons** flour
- 3/4 **tablespoon** curry powder
- 1/4 **teaspoon** cinnamon
- 4 **cups** low-sodium chicken broth
- 2 **cups** carrots (chopped)
- 2 **cups** spinach (chopped)
- 3 small red potatoes (diced)
- 3 **cups** cooked turkey (skin removed, diced)
- Optional garnish: cranberry sauce

Directions

1. Heat the olive oil and butter in a large pot over medium



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	280	
Total Fat	9 g	14%
Protein	26 g	
Carbohydrates	26 g	9%
Dietary Fiber	4 g	16%
Saturated Fat	3 g	15%
Sodium	339 mg	14%

MyPlate Food Groups

Vegetables	1 1/4 cups
Protein Foods	2 1/2 ounces

heat. Add the onion and celery and cook for about 7 minutes, stirring occasionally.

2. Stir in flour, curry powder, and cinnamon and cook for 2-3 minutes, stirring constantly.

3. Pour in chicken broth and scrape up any brown bits at the bottom of the pan.

4. Bring to a simmer. Then add carrots, spinach, potatoes, and turkey.

5. Bring to a boil. Then reduce the heat to low.

6. Simmer (covered) for about 30 minutes, stirring occasionally.

7. Serve in bowls and garnish with a spoonful of cranberry sauce.

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