

Turkey, Lentil, and Mixed Brown Rice Soup

1 1/2 tablespoons butter
1/2 cup chopped onions
1/2 cup chopped carrots
1/2 cup chopped celery
1 clove garlic, minced
4 cups low-sodium turkey stock, preferably homemade (can sub chicken stock)
1 bay leaf
2 sprigs fresh thyme or 1/2 teaspoon dried
1/2 cup dry green lentils
1 1/2 cups chopped cooked turkey (can sub cooked chicken)
1 1/2 cups cooked mixed brown rice (or 1/2 cup dried)
2 teaspoons dried parsley
2 teaspoons balsamic vinegar
Ground pepper and Mrs. Dash or salt, to taste

In a Dutch oven or soup pot, melt the butter over medium high heat. Add the onions, carrots, and celery and cook until the vegetables are starting to soften, about 7 to 10 minutes. Add the garlic and cook a minute more.

Next add in the turkey (or chicken) stock, bay leaf, thyme, and lentils. If using dried rice, add that now too. Cover and bring to a boil.

Once boiling, reduce heat to low and simmer with cover on for 45 minutes.

Uncover and stir in turkey and cooked rice, and continue simmering until lentils are tender, about 15 more minutes. Remove the bay leaf and thyme sprigs, then add the parsley and balsamic vinegar. Taste test, then add ground pepper and Mrs. Dash or salt, to taste. Serve with crusty bread.