

# *Idiot's Kitchen Recipe – Turkey Wild Rice Soup*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com)



Ingredients for the Stock:

Turkey Bones (or chicken) with most of the meat removed  
1 onion  
1 carrot  
1 rib of celery  
Black peppercorns  
Water

Ingredients for the Soup:

Turkey Stock (see above)  
Turkey Meat (reserved or picked from the bones)  
1 Large Onion - chopped  
3-4 Carrots - chopped  
3-4 Celery ribs – chopped  
1 Red Bell Pepper - chopped  
1 cup frozen peas  
½ stick (4 Tablespoons) Butter  
¼ cup flour  
1 cup Wild Rice or Rice Blend (preferably Rice Select Royal Blend)  
Bay Leaf  
Dried Thyme  
Salt & Pepper

For the stock, put the turkey bones, roughly chopped vegetables, and peppercorns in a very large pot. Cover with water. Bring to a boil then reduce the heat to low. Simmer for 1 - 2 hours. Remove the bones and vegetables from the cooked stock and strain to remove any other particles. Save any meat from the bones for the soup.

To make the soup, melt ½ stick butter in a large pot. Sauté chopped onion, carrots, celery and red bell pepper until soft and golden but not brown. Add ¼ cup flour to the vegetables and stir to make a roux. Slowly stir in about 8 cups of the home cooked turkey stock.

Add 1 cup of rice, 1 bay leaf, 1 teaspoon of dried thyme, salt and pepper. Bring the soup to a boil then reduce the heat to low, cover and simmer for 30 minutes to cook the rice. After 30 minutes, add the reserved turkey meat and 1 cup of frozen peas. Cook a few extra minutes until all ingredients are hot and flavorful.