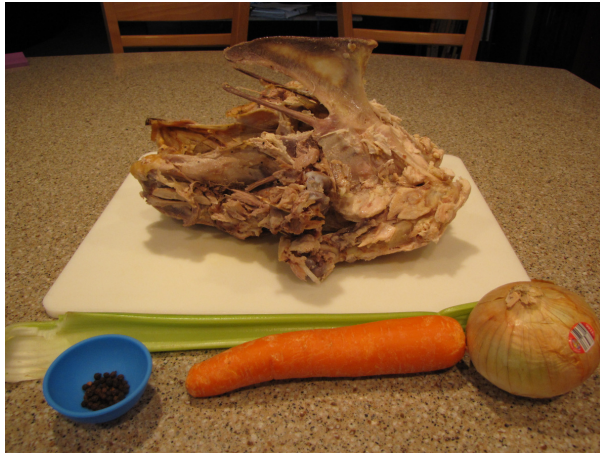


# Handy-Dandy Shopping List – Turkey Wild Rice Soup

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



Ingredients for the Stock: (left photo)

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: (right photo)

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

