

Turkey, Kale and Brown Rice Soup



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Ingredients

2 tablespoons extra-virgin olive oil
5 large shallots, chopped
3 medium carrots, cut into 1/2-inch pieces (about 1 1/3 cups)
1 large red bell pepper, cut into 1/2-inch pieces (about 1 1/2 cups)
8 ounces ground white turkey meat, broken into small chunks
1 tablespoons herbes de Provence
4 cups low-sodium chicken broth, plus more as needed
15 ounces diced canned tomatoes in juice, drained
1 cup cooked brown rice
4 cups kale, coarsely chopped, packed
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1/4 cup chopped fresh flat-leaf parsley
1/4 cup freshly grated Parmesan, optional

Method

1. Heat the oil in a large pot over medium-high heat. Add the shallots, carrots and bell pepper and saute, stirring frequently, until the vegetables begin to brown and soften slightly, 8 to 10 minutes. Add the ground turkey and stir until the meat turns white and begins to color very slightly

around the edges, 5 to 7 minutes. Add the herbes de Provence and stir, 1 minute. Add 4 cups broth, tomatoes and rice. Bring to a boil. Stir in the kale and season with 3/4 teaspoon salt and the freshly ground black pepper. Reduce the heat to medium-low. Cover and simmer until the vegetables are tender, about 15 minutes. Season with the remaining 1/4 teaspoon salt.

2. Ladle the soup into bowls. Sprinkle each serving with parsley and Parmesan, if using, and serve.

Source: FoodNetwork.com (6 servings)