

TURKEY SOUP

Low Carb



THANKSGIVING LEFTOVERS RECIPE

DIRECTIONS

INGREDIENTS

- 2 Tbsp. olive oil
- 1/2 cup onion, chopped
- 1/2 cup celery, chopped
- 1/4 cup carrot, chopped
- 16 oz cauliflower rice
- 1 quart unsalted chicken or turkey stock
- 4 cups cooked turkey, shredded
- 1 tsp. pepper
- 1 tsp. garlic powder
- 1 tsp. dried dill
- 1/4 cup Greek yogurt, plain, no sugar added
- 1/4 cup low-fat/ skim milk
- 1/2 cup crumbled bacon (optional)

1. Heat the olive oil over medium heat in a large stock pot. Add the onions, celery, and carrots and cook until softened.
2. Add the cauliflower rice, reduce to low heat, and cover with lid. Allow cauliflower to steam for 5 minutes.
3. Add the stock, turkey, and seasonings. Simmer for 5 minutes.
4. Whisk together Greek yogurt and milk in a mixing bowl, until creamy consistency.
5. Stir in yogurt+milk mixture into pot.
6. Add bacon if desired.
7. Enjoy!