

Curried Turkey Soup

From *Cooking Light*

SOUP:

- 1 tablespoon stick margarine or butter
- 4 teaspoons curry powder
- 1 teaspoon minced peeled fresh ginger
- 2 garlic cloves, minced
- 4 (16-ounce) cans fat-free, less-sodium chicken broth, divided
- 2 cups chopped onion
- 1 cup chopped leek
- 1/2 cup diced peeled Golden Delicious apple
- 1/2 cup diced carrot
- 1/2 cup diced celery
- 3 cups finely shredded cooked turkey
- 1 tablespoon lemon juice
- 1/8 teaspoon white pepper
- 1 (12-ounce) can evaporated skim milk
- 1/2 cup all-purpose flour

REMAINING INGREDIENTS:

- 2 3/4 cups hot cooked rice
- 3/4 cup diced peeled Golden Delicious apple
- 1/3 cup chopped dry-roasted peanuts
- 1/3 cup chopped fresh parsley
- 1/3 cup flaked sweetened coconut, toasted

To prepare soup, melt margarine in a large Dutch oven over low heat. Add curry powder, ginger, and garlic; saute 2 minutes. Add 2 cans of broth, onion, and next 4 ingredients (onion through celery), and bring to a boil. Reduce heat; simmer 20 minutes or until vegetables are tender.

Place half of the vegetable mixture in a food processor, and process until smooth. Spoon into a bowl. Repeat procedure with remaining vegetable mixture.

Combine the vegetable puree, 1 can of broth, turkey, juice, pepper, and milk in pan, and stir well. Combine 1 can of broth and flour in a bowl. Stir with a whisk; add to vegetable mixture in pan. Bring to a boil; reduce heat, and simmer 10 minutes or until thick, stirring constantly.

Spoon 1/4 cup rice into each of 11 bowls; top with 1 cup soup, about 1 tablespoon diced apple, 1 1/2 teaspoons peanuts, 1 1/2 teaspoons parsley, and 1 1/2 teaspoons coconut.

Yield: 11 servings

NUTRITION PER SERVING

CALORIES 267 (25% from fat); FAT 7.5g (sat 2.3g, mono 2.7g, poly 1.8g);
PROTEIN 19.3g; CARB 30.1g; FIBER 2.6g; CHOL 36mg; IRON 2mg; SODIUM
555mg; CALC 130mg;

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