

# turkey wild rice soup



Serving Suggestion



## turkey wild rice soup

portion size:  
1 cup

Ingredients	50 Servings		100 Servings		Directions
	Measure	Weight	Measure	Weight	
Gravy, turkey	1 qt. 1 c.		2 qt. 2 c.		<ol style="list-style-type: none"> <li>1. Blend gravy, soup, stock and milk in pot or kettle and bring to boil.</li> <li>2. Add diced turkey and cooked rice to soup.</li> <li>3. Stir sage, thyme, rosemary, parsley, and base into soup. Simmer and cook for 30 minutes.</li> <li>4. Hold at 140°F. or above until service.</li> <li>5. Use 8 oz. ladle to portion 1 cup serving.</li> </ol>
Soup, cream of chicken, reduced sodium	1 can (50 oz.)		2 cans (50 oz.)		
Stock, beef, low sodium	1 qt. 1 c.		2 qts. 2 c.		
Milk, 1%	1 qt. 2 c.		3 qt.		
NATURAL CHOICE® Tender Browned Breast, #8469-02, diced		4 lbs. 4 oz.		8 lbs. 8 oz.	
Long grain wild rice mix, cooked	3 qt. 1 c.		1 gal. 2 qt. 1 c.		
Sage, ground	2 ½ tsp.		1 tbsp. 2 tsp.		
Thyme leaves, dried	2 ½ tsp.		1 tbsp. 2 tsp.		
Rosemary, dried	2 ½ tsp.		1 tbsp. 2 tsp.		
Parsley, dried	2 tbsp.		¼ c.		
Base, vegetable, low sodium	1 ½ tsp.		3 tsp.		

• 1 serving provides 1 oz. meat/meat alternate and ½ serving bread grain.

For preparation by a food preparation establishment only, according to the food code or equivalent.

### Nutrients Per Serving

Calories	141 cal	Trans Fat	0 g	Carbohydrates	16.79 g
Fat	2.41 g	Cholesterol	21.10 mg	Dietary Fiber	0.65 g
Saturated Fat	0.63 g	Sodium	715.90 mg	Protein	13.36 g