



Simple | Healthy | Delicious

Curried Turkey & Sprouted Blend Soup

INGREDIENTS

2 tablespoons butter or olive oil
1 medium onion, chopped
2 large carrots, peeled and chopped
2 stalks celery, sliced
2 cloves garlic, minced
2 tablespoons curry powder (hot or mild) or to taste
6 cups turkey or chicken stock
½ cup Nature's Earthly Choice Sprouted Grain Blend
2 cups cooked, chopped turkey or chicken
1 can coconut milk
1 10-oz. bag fresh or frozen spinach or other green like chard, cabbage or kale



DIRECTIONS:

1. Heat butter or oil in a large soup pot over medium heat and add onions, carrots, celery, garlic, and curry powder. Cook, stirring occasionally, for 10 minutes until vegetables are tender.
2. Add stock and rice, bring to a boil, reduce heat and simmer until Sprouted Blend is done – about 20 minutes.
3. Stir in chopped turkey or chicken, coconut milk and spinach. Bring to a simmer and cook until heated through, 5-10 minutes more.