

# "Turkey" Noodle Soup and Salad



Though traditional preparation of this seasonal classic uses broth from the turkey carcass and a little leftover meat, a delicious version can be made using veggie broth and Chick'n strips, or other similar plant-based products.

Ultimately you want the delicious flavor of turkey and noodles with the slight firmness of chopped carrot, and the pop of green peas. In my family's version, we added the earthy flavor of chopped hard-boiled egg to finish the flavor profile.

**Preparation time:** 1 hour and 45 mins. - **Serves 4 (with leftovers)**

## Organize Your Ingredients!

### Notes on Organizing

The main thing is to have broth available. You can boil a turkey carcass, or buy commercial broth to get started. I use "Not Chick'n" bouillon cubes. Note: You're using 4 C. bouillon broth and an entire 32 oz. box of low-sodium vegetable broth if making the Plant-based version. If you cooked down the turkey carcass after Thanksgiving, you've got some good broth. You can add extra commercially made broth as needed.

### Turkey Noodle Soup

8 C. turkey broth (from turkey carcass or from commercial broth)  
- or -  
2 bouillon cubes (Edward and Sons Not Chick'n) dissolved in  
4 C. water  
one 32 oz. box low-sodium vegetable broth  
  
1 tsp. olive oil  
1 clove garlic (smashed and chopped)  
2 C. yellow onion (chopped)  
2 C. celery (washed and chopped)  
broth (from above)  
1/2 C. white wine  
1 bay leaf  
  
1-1/2 C. carrots (chopped)  
  
1/2 C. frozen peas  
2 hardboiled eggs  
one 9 oz. package fresh fettuccini noodles (cut into 1" pieces)

### Plant-based Choice or Turkey

1-1/2 C. leftover turkey meat  
- or -  
1 tsp. olive oil  
1 -1/2 C. chopped Chick'n strips (or equivalent product)  
1/4 C. white wine

### Finish Items

1 loaf Artisan bread  
- or -  
8 whole-grain artisan rolls  
(2 rolls per diner)

### Green Salad Fixings

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Cook eggs and prepare your meat, or plant-based choice, before you start soup assembly.

### Perfect Hard Boiled Eggs

1. Bring 2 C. water and a pinch of salt to a hard boil in a saucepan.
2. Using a perforated spoon, lower eggs into boiling water, reduce heat to medium-low, cover pan and boil for 11 minutes.
3. Drain hot water and refill the pan with cold water. Leave eggs in cold water until ready to use.

### Plant-based Choice or Turkey

1. Plant-based Choice: brown Chick'n Strips in olive oil until brown on all sides. Add wine to pan, cover and cook until wine disappears. Allow to cool and thin-slice pieces lengthwise. Then break pieces into irregular sizes. Set Aside.  
- or -
2. Turkey: select a mixture of 1-1/2 C. dark and white meat and cut into pieces. Set aside.

### Turkey Noodle Soup

1. Sauté garlic, onion and celery in olive oil until onion begins to turn translucent.
2. Add broth, wine and bay leaf and bring to a boil. Reduce heat to low and cook 15 minutes.
3. Add carrots and chopped turkey or plant-based option to soup. Cook 5 minutes.
4. Add frozen peas and noodles to the mixture. (If using fresh fettuccine remember to cut the noodles into 1" lengths.) Return to a boil and cook over medium-low heat for 5 minutes.
5. Peel and chop two hardboiled eggs and drop into soup. Return to a boil and turn off heat.
6. Leave soup on burner as it cools and let it rest for 1 hour.

### Finish/Serve

1. Wrap bread or rolls in foil. Warm in 250° oven 15 minutes before you wish to dine.
2. Make salads and re-warm soup just before dining.

Serve bowls of soup (about 2 C. per serving) with rolls or a slice of Artisan bread and salads on the side.

### What I've Learned from this Recipe

I've studied nutritional comparisons between Chick'n and turkey meat. Although Chick'n is a manufactured product, the nutritional comparisons between the two are very similar. Chick'n, however, has no cholesterol and the fat is not saturated. That information gives an edge to using Chick'n instead of turkey meat.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)

