

# Turkey Soup

A hearty **American**<sup>1</sup> winter soup with turkey and fair trade rice.

This is a traditional after-Thanksgiving soup, and a great way to use up turkey leftovers. The bacon can be the strips used for protecting the breast meat whilst the turkey was cooking.

It is filling winter soup, suitable as a main course, especially when served with hunks of fresh bread.

## Ingredients

1.5 litres	chicken broth
100 g	uncooked <b>FAIRTRADE</b> rice
1	medium onion
120 g	margarine
75 g	plain flour
5 ml	salt
to taste	fresh ground <b>FAIRTRADE</b> black pepper
500 ml	milk
500 g	cooked turkey or chicken
8 to 10	slices of crispy bacon
100 ml	<b>FAIRTRADE</b> red wine

Slowly stir in the milk and cook until slightly thickened.

Carefully stir the milk mixture into the rice mixture, add the turkey and bacon pieces and heat gently, do not boil. Add the red wine to give a little festive colour and aroma.

Check and adjust seasoning.

## To serve

Serve hot, with hunks of fresh wholemeal bread.

## Variation

None necessary

## Method

### Preparation

Top, tail, peel and chop fine the onion.

Cube the poultry, and break the bacon into small (1 cm) pieces.

### Cooking

In a large sauce pan combine chicken broth, rice and onions. Bring to the boil, reduce the heat and then simmer for 40 minutes.

In a medium saucepan or Le Creuset skillet melt the margarine. Stir in the flour, salt, and pepper, and cook for 1 minute stirring until smooth and bubbly.

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<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/america.htm>