

## Turkey, Kale and Brown Rice Soup

[Recipe courtesy of Giada De Laurentiis](#) (Yield:4 to 6 servings)

### Ingredients

- 2 tablespoons extra-virgin olive oil
- 5 to 6 large shallots, chopped
- 3 medium carrots, cut into 1/2-inch pieces (about 1 1/3 cups)
- 1 large red bell pepper, cut into 1/2-inch pieces (about 1 1/2 cups)
- 8 ounces ground white turkey meat, broken into small chunks (I used chunks of leftover turkey, not ground)
- 1 tablespoon herbes de Provence
- 4 cups low-sodium chicken broth, plus more as needed (I used homemade turkey stock)
- One 15-ounce can diced tomatoes in juice, drained
- 1 cup cooked brown rice\*\*
- 1 bunch kale, coarsely chopped
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup chopped fresh flat-leaf parsley
- 1/4 cup freshly grated Parmesan, optional

### Directions

1. Heat the oil in a large pot over medium-high heat. Add the shallots, carrots and bell pepper and sauté, stirring frequently, until the vegetables begin to brown and soften slightly, 5-8 minutes.
2. Add 4 cups broth, tomatoes, and the herbes de Provence. Bring to a boil.
3. Stir in the kale and season with 3/4 teaspoon salt and the freshly ground black pepper.
4. Reduce the heat to medium-low. Cover and simmer until the vegetables are tender, about 15 minutes.
5. Add rice – If using pre-cooked rice.
6. Season with the remaining 1/4 teaspoon salt.
7. Ladle the soup into bowls. Sprinkle each serving with parsley and Parmesan, if using, and serve.

\*\* RICE - Or you can use uncooked rice and add 1 cup of water and 1/2 cup uncooked rice in with step 2.