

## Turkey, Kale and Brown Rice Soup

[Recipe courtesy of Giada De Laurentiis](#) (Yield: 4 to 6 servings) I have edited it to my tastes.

### Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 small onions, 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
- 5 chicken bouillon cubes
- 5 cups low-sodium chicken broth, plus more as needed (I used homemade turkey stock)
- 2 cups Water
- One 15-ounce can diced tomatoes in juice, drained
- 1/2 cup uncooked brown rice
- 1 bunch kale, coarsely chopped
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 can cannellini beans

### 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, water, tomatoes, bouillon cubes, 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 the beans. Cook 2-3 minutes until warm.
6. Ladle the soup into bowls.