

## Quick and Easy Leftover Turkey Soup - [HealthyPointRecipes.com](http://HealthyPointRecipes.com)



Blue Points: 0

Green Points: 4

Purple Points: 0

Combine ingredients in slow cooker and cook on low for 2 hours. All ingredients are already cooked, but you need to allow time for flavors to simmer together. Or, use the directions below for stovetop cooking. We prefer the slow cooker for this one.

Prep time: 15 minutes

Cook time: 30 - 40 minutes

Serves: 8

### Leftover Turkey Soup Ingredients

1 T. extra virgin olive oil

4 cloves garlic, minced

1 medium onion, diced

4 carrots, peeled and diced

1 pepper (we used jalapeno), diced

Salt and pepper, to taste  
½ t. cayenne pepper  
Other dried herbs to taste: oregano, parsley, basil  
4 c. fat-free chicken stock  
3 c. water  
2 15-oz. cans beans, rinsed and drained  
2 c. cooked turkey, shredded  
2 c. baby spinach, coarsely chopped

#### How to Make Leftover Turkey Soup

Heat the olive oil in a large soup pot over medium heat, then add garlic, onion, carrots, and pepper. Cook, stirring occasionally, until vegetables are soft ( 6 - 8 minutes). Season with salt and pepper.

Add dried herbs and cayenne pepper and cook for another 2-3 minutes.

Add chicken stock, water, and beans to the pot. Increase heat to high and bring the soup to a rolling boil. Once it boils, reduce heat to medium low and simmer, uncovered, for 20-25 minutes.

Add shredded turkey and spinach to the pot and cook for another 3-5 minutes, or until the spinach wilts and the turkey is heated through. Remove from heat. Taste and adjust seasonings, as desired.

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