

Creamy Leftover Turkey Soup

Easy and delicious way to use any leftover turkey meat

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INGREDIENTS

(makes about 6 portions)

- 1 white onion
- 2 garlic cloves
- 2 celery stalks
- 2 medium carrots
- 70g rice (I used basmati) (about 1/3 cup)
- 200g mushrooms (about 7 oz)
- 1,5 litres (6 ½ cups) turkey broth (recipe on www.inthekitchenwithelisa.com)
- 240g (1 can) (1 ½ cup) small white beans
- 300g (10 ½ oz) turkey meat
- olive oil
- salt & pepper
- 50g (3 ½ tbsp) butter
- 50g (6 1/3 tbsp) flour
- 500ml (about 2 cups) milk



DIRECTIONS

1. Start by preparing all the vegetables. Peel the onion, garlic and the carrots. Slice the onions and garlic finely, remove the ends from the celery and chop them into medium pieces. Chop the carrots. Wash the mushrooms well and cut them lengthwise.
2. In a big pot (5 litre) heat some olive oil over medium heat. Add the onions, garlic, carrots and the celery. Cook on medium heat for a couple of minutes just until the onions become translucent and the vegetables start to soften.
3. Then add in the rice and the mushrooms and mix shortly. Add in the broth and bring to simmer. Simmer for 5-10 minutes or until the rice is almost cooked through.
4. Add the shredded turkey meat and the white beans. You want to run the beans shortly under some cold water before adding them to the soup. Cover and leave to simmer on low heat while you prepare the white sauce.
5. To make the white sauce, melt butter in a medium pot over medium heat. Once the butter has melted, add in the flour while whisking continuously and once you have added all of the flour, continue mixing for another couple of minutes. Make sure to keep the heat on medium. Then start adding the milk slowly while whisking. Once you have added all of the milk continue heating over medium-high heat while whisking continuously until the sauce thickens up. Remove from heat and add into the soup.
6. Mix the white sauce in well and allow the soup to simmer for another couple of minutes. Then taste whether it needs salt or any other spices and season accordingly. I only seasoned with some black pepper.