



Creamy Dreamy Turkey Soup



1/6th of recipe (about 1 cup soup and 1/4 cup stuffing):
180 calories, 3.5g total fat (1g sat. fat), 728mg sodium,
19g carbs, 3g fiber, 8g sugars, 17g protein

[Click for WW Points® value*](#)

Prep: 15 minutes **Cook:** 45 minutes

More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



Ingredients

4 cups roughly chopped cauliflower
10 oz. raw boneless skinless turkey (or chicken) breast cutlet
3/4 tsp. salt
1/2 tsp. black pepper
2 cups fat-free milk
2 tbsp. plus 2 tsp. light whipped butter or light buttery spread
3/4 cup chopped onion
3/4 cup chopped carrots
3/4 cup chopped celery
1 tsp. poultry seasoning
3/4 tsp. dried parsley
1 1/2 cups turkey (or chicken) broth
1 cup turkey stuffing mix (about 1/3rd of a 6-oz. box)

Directions

Bring a large pot of water to a boil. Cook cauliflower until very tender, about 15 minutes.

Meanwhile, cook turkey. If needed, pound turkey to an even thickness. Season with 1/8 tsp. each salt and pepper. Bring a large skillet sprayed with nonstick spray to medium heat.

Cook turkey for about 4 minutes per side, until cooked through. Chop into bite-sized pieces.

Transfer cauliflower to a strainer to drain.

Place drained cauliflower in a blender or food processor. Add milk, and puree until mostly smooth and uniform.

Over medium-high heat, melt 2 tbsp. butter in the (empty) pot. Add veggies, and sprinkle with 1/8 tsp. each salt and pepper. Cook and stir until slightly softened, about 5 minutes.

Add cauliflower puree, chopped turkey, poultry seasoning, and parsley to the pot. Add 1 cup broth, remaining 1/2 tsp. salt, and remaining 1/4 tsp. pepper.

Once boiling, reduce to a simmer. Cover and cook for 15 minutes, or until veggies are tender.

Meanwhile, in a medium-large microwave-safe bowl, combine stuffing mix, remaining 1/2 cup broth, and remaining 2 tsp. butter. Mix well. Cover and microwave for 5 minutes, or until liquid has been absorbed. Using a fork, gently mix until light and fluffy.

Evenly top each serving of soup with stuffing, about 1/4 cup each.

MAKES 6 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or

approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

Publish Date: March 28, 2017

Author: Hungry Girl

Copyright © 2023 Hungry Girl. All Rights Reserved.