



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

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



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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

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