



Turkey Wild Rice Soup

Creamy, comforting, and hearty soup with turkey, vegetables, and wild rice.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
 Minnesota Department of Education

Preparation Time: 1 hour

Cook Time: 1 hour

NSLP/SBP crediting information:

1 cup (8 fl oz spoodle) provides 2 oz equivalent meat, ½ oz equivalent grains, ⅓ cup other vegetable, ⅓ cup additional vegetable

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Raw netted turkey roast	10 lb		20 lb		<ol style="list-style-type: none"> Two days before meal service, pull turkey to thaw on bottom shelf in cooler. If using IQF Pre-cooked, Pre-diced turkey, pull on day of preparation. Cook wild rice: Bring water to a boil. Stir in wild rice. Reduce heat and simmer, covered, for 25-35 minutes or until desired texture. Drain any excess liquid and rinse the rice, as needed.
Wild rice	1 lb 8 oz	3 ¾ cups	3 lb	1 qt 3 ½ cups	
Water, cold		1 gal		2 gal	
*Onion, yellow, fresh, diced	1 lb 12 oz		3 lb 8 oz		
*Carrot, fresh, diced	1 lb 12 oz		3 lb 8 oz		



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Celery, fresh, diced	1 lb 12 oz		3 lb 8 oz		
Water, cold		1 gal		2 gal	3. For 50 servings: separate the water into $\frac{3}{4}$ gallon and $\frac{1}{4}$ gallon. For 100 servings: separate the water into 1 $\frac{1}{2}$ gallon and $\frac{1}{2}$ gallon.
Base-chicken, low sodium	9.3 oz	3 cups	1 lb 2.7 oz	6 cups	4. Dice raw local turkey breast or thigh meat into 1-inch cubes. (If using IQF pre-cooked, pre-diced turkey, plan for a 2 oz serving/person). 5. Combine the chicken base, $\frac{3}{4}$ gallon water (or 1 $\frac{1}{2}$ gallon), diced turkey, diced vegetables, and spices (parsley through poultry seasoning) in a kettle. Bring to a boil. Reduce heat and cover. Simmer for 20 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Parsley, flakes		$\frac{1}{3}$ cup 2 tsp		$\frac{3}{4}$ cup	
Black pepper, ground		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Basil, ground		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Onion powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Garlic powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Thyme, dried, leaves		1 Tbsp		2 Tbsp	
Poultry seasoning		1 Tbsp		2 Tbsp	
Corn starch	8 oz	1 $\frac{3}{4}$ cups	1 lb	3 $\frac{1}{2}$ cups	6. Mix the remaining water with the corn starch. Slowly mix into simmering soup.





INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Milk, half and half, fat free		2 qt		1 gal	<p>7. Mix in fat free half and half and wild rice just prior to serving.</p> <p>Critical Control Point: Heat to 165 °F or higher for 15 seconds. Hold for hot service at 135 °F.</p> <p>8. Portion with 8-ounce ladle (1 cup) into a 10 or 12-ounce bowl.</p>



TURKEY WILD RICE SOUP
NUTRITION INFORMATION

For 1 cup (8 oz ladle)

NUTRIENTS	AMOUNT
Calories	211
Total Fat	2.8 g
Saturated Fat	0.81 g
Cholesterol	40.5 mg
Sodium	448.9 mg
Total Carbohydrate	24 g
Dietary Fiber	0.8 g
Total Sugars	3.2 g
Added Sugars included	0 g
Protein	17.6 g
Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	70.7 mg
Iron	0.5 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Onions, fresh	2 lb	4 lb
Carrots, fresh	2 lb 1 oz	4 lb 2 oz
Celery, fresh	2 lb 1 oz	4 lb 2 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Consider bringing soup to the table for students in grades Pre-K-2.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

50 Servings	100 Servings
About 3 gal 2 cups (50 cups)	About 6 gal 1 qt (100 cups)

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant