

# Wild Rice, Porcini & Turkey Soup

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## INGREDIENTS:

- 1 turkey carcass, with about 5 or 6 ounces of meat on it
- 1 to 1½ quarts water
- 3 cups chicken broth
- 2 celery stalks, chopped
- 2 onions, chopped
- 1 carrot, diced
- 2 tablespoons chopped parsley
- 1 bay leaf
- 3 tablespoons extra virgin olive oil
- 1 tablespoon flour
- 1 cup wild rice
- 2 baking potatoes, peeled and diced
- ½ to 1 ounce dried mushrooms, such as porcini, chanterelles, or a combination
- ½ pound fresh mushrooms, sliced or coarsely chopped
- Salt and pepper to taste
- ¼ cup Marsala, dry sherry or Madeira

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**INSTRUCTIONS:** Remove the meat from the carcass and cut it into bite-size pieces. Set aside.

Put the carcass in a large soup pot with the water and broth. Add half of the celery, onions, carrot and parsley. Bring to a boil, skim off the foam that comes to the top. Reduce heat and simmer for 40 to 60 minutes.

Strain, reserving the broth and discarding the carcass,

bones and vegetables.

Lightly saute the remaining celery, onion, carrot and the bay leaf in half of the olive oil for 5 to 8 minutes, until the vegetables are softened and lightly golden.

Sprinkle in the flour, cook a few moments, then stir to mix well.

Using a wooden spoon, mix in a cup or so of the strained broth, stirring until smooth. Stir in the remaining broth, then add the wild rice and potatoes. Bring to a boil, add the dried mushrooms, then reduce the heat and simmer for 45 minutes, or until the rice is nearly tender.

Saute the reserved turkey meat in about half of the remaining olive oil until lightly browned, then add to the soup. Repeat with the fresh mushrooms, sauteing them in the remaining oil until they, too, are lightly browned. Add to the simmering soup. Taste, then season with salt and pepper.

Just before serving, stir in the Marsala.

Serves 4 to 6

**PER SERVING:** 325 calories, 19 g protein, 40 g carbohydrate, 9 g fat (1 g saturated), 19 mg cholesterol, 34 mg sodium, 4 g fiber