

Turkey (or Chicken) Vegetable Soup

(Adapted from Taste of Home)

Makes 6-8 servings; can be doubled

¼ cup (½ stick) unsalted butter
2 cups diced yellow onion (about 2 medium)
2 tablespoons all-purpose flour
1 teaspoon curry powder
4 cups (1 32-oz box) low-sodium chicken broth
1 cup peeled and diced red or Yukon gold potatoes
½ cup peeled and diced carrots
½ cup diced celery
2 tablespoons chopped fresh parsley
½ tsp dried sage or poultry seasoning
2+ cups cubed cooked turkey (or chicken)
1½ cups half-and-half
1 package (8 or 10-oz) frozen chopped spinach
1 teaspoon kosher salt
¼ teaspoon (6-8 grinds) black pepper

In a large saucepan or Dutch oven over medium heat, add butter and onions and sauté until translucent (about 10 minutes). Stir in flour and curry powder and cook 2 to 3 minutes. Add broth, potatoes, carrots, celery, parsley, sage/poultry seasoning and turkey/chicken and bring to boil. Reduce heat to low, cover and simmer 10 minutes or until vegetables are tender. Add half-and-half, spinach, salt and pepper. Cover and continue simmering until heated through, about 7 minutes. Can be made a day ahead (though the spinach will lose some of its vibrancy.)