



CATERING • MEAL PREP • JUICES

Post-Thanksgiving Turkey Vegetable Soup

HealthyNow loves ways to turn leftovers into healthy, delicious meals!

Makes: 4 - 6 servings, Prep Time: 10 minutes, Cooking Time: 40 minutes



HealthyNow provides healthy, delicious and freshly prepared meals, catering and fresh pressed juices to busy individuals, families, seniors, organizations and sports teams.

To order, call or text Christine at 647-210-0047 or email Info@HealthyNow.ca.

Check us out online at www.HealthyNow.ca, or at www.facebook.com/healthynow40!





CATERING • MEAL PREP • JUICES

You'll need:

- 2 tablespoons unsalted butter
- 2 medium yellow onions, diced
- 3 medium carrots, peeled and cut into 1/4-inch rounds
- 3 medium celery, cut into 1/4-inch slices
- 3 cloves garlic, minced
- 1 tablespoon tomato paste
- 6 cups (48 ounces) low-sodium chicken or turkey broth
- 3 cups cooked, diced turkey meat
- 2 bay leaves
- 1 sprig fresh thyme
- 1/4 cup coarsely chopped fresh parsley leaves

To make it:

1. Melt the butter in a Dutch oven or large pot over medium heat
2. Add the onions, carrots, celery, and garlic and cook, stirring occasionally, until the vegetables are soft, about 5 minutes
3. Add the tomato paste, stir to coat the vegetables, and cook for 1 minute more
4. Add the broth, turkey, bay leaves, and thyme, and stir to combine
5. Bring to a boil, then reduce the heat and simmer for 30 minutes
6. Stir once more and ladle the soup into bowls
7. Top with the parsley and serve

Enjoy!

Past recipes of the week are posted at our website www.HealthyNow.ca

HealthyNow provides healthy, delicious and freshly prepared meals, catering and fresh pressed juices to busy individuals, families, seniors, organizations and sports teams.

To order, call or text Christine at 647-210-0047 or email Info@HealthyNow.ca.

Check us out online at www.HealthyNow.ca, or at www.facebook.com/healthynow40!

