



Paleo Turkey & Vegetable Soup

Turn those turkey and vegetable leftovers into a Paleo soup! This is a classic, soul-warming, and guilt-free soup...perfect for those cold winter days you want to warm your toes in front of a fire with a clean and savory meal. It yields about 8 – 10 servings.



HealthyNow is dedicated to providing juice cleanses, wellness and performance juice packages to help you be healthier, and to support your workouts.

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

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You'll need:

- 3 cups of pre-cooked turkey, shredded
- 3 celery stalks, diced
- 3 carrots, diced small
- 1 large yam or sweet potato, diced
- 1 medium onion, diced
- 2 quarts of chicken, turkey or vegetable broth (make your own or use organic pre-packaged stock)
- 2 garlic cloves, minced
- 1/4 cup flat-leaf parsley, finely chopped
- 1 bay leaf
- salt and pepper to taste

To make it:

1. Dice all your veggies and shred three cups of pre-cooked turkey (or chicken)
2. Sauté the celery, carrots, and onion in your soup pot or Dutch oven over medium heat with a little coconut oil for 4-5 minutes, then season with salt and pepper to taste
3. Next add the broth, diced sweet potatoes, garlic cloves, and a bay leaf to the pot and cook uncovered over medium heat about 20 minutes, or until potatoes are tender
4. Finally add your pre-cooked turkey, chopped parsley, and again add salt and pepper to taste. Simmer just until the turkey is heated through
5. Remove bay leaf, serve hot and enjoy!

Enjoy!

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