

# Turkey Quinoa Soup

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 8 cups stock\* (approximately) The less you have the thicker the soup will be.
- 2 cups (approx) of organic turkey in bite-size pieces
- 3/4 cup uncooked quinoa
- 1/2 cup chopped raw celery
- 3/4 cup chopped raw carrots
- 2 cups whole cooked tomatoes (bottled or canned)
- Good pinch of sea salt and black pepper
- Other seasonings: I like to add dried rosemary, oregano, basil and thyme.
- Pinch of love

## Instructions:

1. Place all ingredients into a large soup pot. Bring to a soft boil and reduce to simmer for 25-30 minutes. The quinoa should be fully cooked at around 15 minutes. Enjoy immediately!
2. The secret to a tasty soup is the broth. I strongly recommend you make your own. It's actually really easy.

## Notes:

Make your own stock! There is a recipe in Joyous Health on page 182 as well. 8 cups filtered water 2 tbsp apple cider vinegar (helps to extract minerals) 1 organic turkey carcass 3 onions roughly chopped 3 garlic cloves 2 stalks celery 2 carrots 1 tsp Dried Italian seasonings You may want to put each of the ingredients into a cheesecloth as it makes it easier to pick them all out once the broth is done. Put all ingredients into a very large soup pot. Depending how big your carcass is, you may need to add more water. The water should come to the top of the carcass. Let the ingredients simmer together for at least 4 hours and as long as 24 hrs if you have a slow cooker. Let cool and either use right away for soup or refrigerate overnight.