My True Village

Lemon Ginger Turkey & Rice Soup

Bright, soothing, and light on the stomach.

MAKES 2 BOWLS · FREEZES WELL · LEAN PROTEIN

Ingredients

- 6 oz 99% lean ground turkey
- ½ cup cooked jasmine rice
- 4 cups chicken bone broth
- 2 celery stalks, finely chopped
- 1 tablespoon fresh ginger, grated
- 2 tablespoons fresh lemon juice
- 1 cup kale, chopped
- Salt and white pepper, to taste

Make it

1. Cook the turkey in a nonstick pot over medium-high heat for about 5 minutes, breaking it into small pieces. No oil is needed.
2. Stir in the celery and ginger, and cook for 2 minutes.
3. Pour in the bone broth and bring to a simmer. Cook for 6 minutes.
4. Stir in the cooked rice and kale. Simmer for about 3 minutes, until the kale wilts and everything is hot throughout.
5. Off the heat, stir in the lemon juice, season with salt and white pepper, and divide between two bowls. Serve warm.

LIGHT, WARMING, AND EASY TO DIGEST

Lean turkey gives gentle protein for recovery, the broth and ginger are soothing and warming, and the bright lemon keeps it feeling light rather than heavy on a tired stomach.