

Turkey Dumpling Soup

This soup recipe is a great way to use up that leftover turkey from Thanksgiving. It is a great starter for your lunch or dinner. Make up a tossed salad with some of the turkey meat and use the soup and salad as your main dish.

Recipe Type: Appetizer, Crock Pot, Holiday, Soups, Turkey, Vegetables

Degree of Difficulty: Moderately difficult

Ingredients

Ingredients for Soup

8 cups Turkey broth
4 cups Turkey Breast (skinless), 1" cubes
10 oz Tomatoes, diced
2 each Celery stalk diced
2 each Carrot, diced
1 cup Frozen peas
1 each Onion, chopped
2 tsp Parsley, chopped
1 each Bay leaf

Ingredients for Dumplings

1 ½ cups Flour
2 tsp Baking powder
¾ tsp Salt
½ tsp Rosemary
3 Tbsp Shortening
¾ cup Milk, reduced fat
2 tsp Parsley chopped



Directions

Directions for Soup

- 1 Dice tomatoes, celery, carrots and onion.
- 2 Place the turkey broth into the crock pot.
- 3 Add the diced tomatoes, celery, carrot, peas & onion in the crock pot.
- 4 Sprinkle in 2 t of the dried parsley and put in the bay leaf.
- 5 Cover and cook on the low temperature setting for 6 hours.
- 6 Place the turkey meat into the crock pot, cover and cook on low for 1 hour.

Directions for Dumplings

- 1 In a large bowl, add flour, baking powder, salt, rosemary and parsley.
- 2 Cut the shortening into the dry ingredients with a pastry cutter or knife until the mixture becomes coarse.
- 3 Add just enough of the milk to the flour mixture to moisten it but leave the mixture thick enough to make mounds with a spoon.
- 4 Drop the mixture by spoonfuls into the crock pot.
- 5 Cover and put temperature setting to high and cook for 20 without lifting the lid.

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 7 hours

Total Time: 7 hours and 30 minutes

Nutrition Facts

Nutrition (per serving): 334 calories, 9g total fat, 3.1g saturated fat, 53.3mg cholesterol, 2321.9mg sodium, 32.5g carbohydrates, 3.4g fiber, 8.8g sugar, 29.1g protein.

Servings: 8

Yield: 8 bowls

Weight Watchers Points

Note: The turkey breast and vegetables were not included when calculating the FreeStyle SmartPoints. All other points do not include the veggies.

Orig. WW Pts: 7

Points Plus: 7

Smart Points: 8

FreeStyle Smart Points: 6

Tips

When adding the milk to the flour mixture just add a little bit at a time. This will help in making sure the dry ingredients are moistened but still remain thick. If you don't have a pastry cutter, just use a couple of butter knives.