

## Turkey Vegetable & Basil Soup

2 Turkey Breasts (approximately 3 lb.)  
3 qt. water  
1 bunch parsley stems  
5 large stems of basil  
8 black peppercorns  
1/2 onion  
3 carrots (1 whole and 2 medium dice)  
1 zucchini diced  
1/2 onion diced  
1 tsp. olive oil  
2 C brown rice  
1/2 C chopped tomatoes  
1/2 C leeks diced  
S and P to taste

1. Using a large stock pot, combine turkey, parsley stem, basil, 1/2 onion, peppercorns, and whole carrot with 3 qt. water. Bring to a boil and simmer for 45 minutes (note: you will need to skim the top of the stock to remove impurities). Strain and reserve turkey.
2. Cook rice and carefully pick turkey off the bone and keep aside, being careful to not include any bones.
3. Utilizing the same pot, over medium heat add olive oil, then the onion, and cook for 4 minutes or until the onions become translucent. Add carrots and leeks and continue to cook for 3-4 minutes.
4. Add the zucchini and cook for 2 minutes longer. Add tomato and continue to stir until vegetables are tender. Add pulled chicken and TASTE. Pour your reserved stock back into the pot. (note: use only desired amount depending on the thickness you prefer. You can always store the stock for another use.)
5. Place rice into a bowl and top with soup. Garnish with fresh basil for added flavor.