

# Turkey & Dumpling Soup

**Prep Time** 20 minutes

**Cook Time** 45 minutes



## Nutrition Information

Sodium	385 mg
Saturated fat	2 g
Protein	8 g
Fiber	7 g
Fat	9 g
Carbs	38 g
Calories	360

## Health Benefit

### Low Fat

A better-for-you version of a comfort classic

## Ingredients

- 2 Tbspolive oil
- 1 cuponion, chopped
- 1 cupcelery stalk, chopped
- 1 cupcarrots, chopped
- 2 cupsfat-free, low-sodium turkey or chicken broth
- 3 cupswater
- 2 cups cooked turkey breast, shredded
- 1 tspblack pepper
- 1 tspdried thyme
- 1bay leaf
- 1 cupwhole wheat pastry flour
- 1/4 cupall-purpose flour
- 1/4 tspsalt
- 1/4 cuplow-fat milk
- 1 mediumegg
- 1 cupspinach, chopped

## Directions

1. Heat oil in a soup pot over medium heat. Sauté onion, celery, and carrots for about 5 minutes, stirring occasionally.
2. Add broth, water, turkey, pepper, thyme, and bay leaf. Stir and reduce heat to low. Cover pot partially with lid, and simmer soup for about 20 minutes.
3. While soup simmers, mix whole-wheat pastry flour, all-purpose flour, salt, milk, and egg in a bowl. Shape mixture into spoon-sized dumplings. Add a little water or flour to thin out or thicken mixture. One by one, drop dumplings into soup. Cover pot and let dumplings cook for 15 to 20 minutes.
4. Remove bay leaf, and stir in spinach. Simmer the soup over low heat for 5 minutes and serve warm.