

Roasted Vegetable and Turkey Soup

This hearty, flavorful soup is an excellent second act with leftover roasted vegetables and turkey or roast chicken.



1 tablespoon olive oil
 2 parsnips, diced
 2 carrots, diced
 2 stalks celery, diced
 1 small onion, diced
 3 cloves garlic

½ teaspoon dried thyme
 4 cups cooked turkey or chicken
 1 15-ounce can cannellini beans
 5 to six cups chicken or turkey stock
 3 cups fresh spinach leaves, roughly chopped

- Toss diced vegetables and garlic with olive oil and thyme. Place on a foil-lined baking pan coated with nonstick cooking spray. Roast in a 400-degree oven for approximately 30 minutes, or until the vegetables begin to caramelize.
- Place roasted vegetables into a soup pot; add the turkey, cannellini beans and stock. Cook 15 minutes.
- Add spinach and cook an additional 5 minutes.
- Season with salt and pepper as desired.

NOTE: If you have roasted a turkey or chicken, it's easy to make your own stock, which adds incredible depth of flavor to your soups. Simply place the turkey or chicken carcass on a baking sheet and roast for about 30 minutes at 350 degrees. Place roasted carcass in a large stockpot and add enough water to cover. Toss in a carrot, an onion, a stalk of celery (all cut in half or quarters), and a couple of bay leaves. Bring to a boil then lower temperature and let simmer for 45 minutes. Strain out solids and place in quart containers to freeze for later use.