

NOVEMBER 2017

IF:TABLE

recipe inspiration

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LEFTOVER TURKEY POT PIE SOUP

DIRECTIONS

1. Melt the butter in a large soup pot over medium-high heat.
2. Add the onion, carrots, and celery. Cook, stirring, until the onions start to turn translucent, about 5 minutes.
3. Stir in the chicken or turkey, and sprinkle the arrowroot or cornstarch on top. Stir until it coats the meat and vegetables. (The starch is a thickening agent and will create a nice stew consistency.)
4. Cook for 1 minute, then add the Italian herbs, salt, pepper, and sage. Stir to coat the veggies and meat with the herbs.
5. Pour in the chicken broth. Reduce the heat to low, and let simmer for 20 minutes. When it starts to thicken, stir in the cream.
6. Let the sauce bubble up and thicken for about 3 minutes. If it seems overly thick, splash in a little more broth.
7. Mix in frozen peas if using, and let cook for additional 2 minutes.

Taste and adjust seasoning to your liking. Serve warm.

INGREDIENTS

- 4 Tbsp butter
- 1/2 yellow onion, diced
- 4 carrots, thinly sliced
- 4 ribs celery, thinly sliced
- 3 c shredded cooked chicken or turkey
- 2 Tbsp arrowroot (or 1 tablespoon cornstarch)
- 1/4 tsp dried Italian herbs
- 1 tsp salt
- 1/4 tsp pepper
- 1/2 tsp dried sage
- 2 1/2 cups chicken broth
- 1/4 c heavy whipping cream or half-and-half
- 1/2 c frozen peas (optional)

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