

Rice, Turkey, Mustard Green Soup with Moroccan Spices *featuring locally grown ingredients from Veggie Box*

Ingredients

2 sm onions
1-1/2 Tbsp. coconut oil
1 Tbsp. Harissa powder
3/4 Tbsp. curry powder
1 qt. chicken bone broth
1 qt. water
1 lb. ground turkey
1 c. rice – rinsed
1/2 c. carrots – sliced into coins
1/2 c. parsnips – sliced into coins
1 c. mustard greens – shredded
1/4 c. parsley – finely chopped
juice of half a lemon
salt and pepper to taste

Tempering

1/2 Tbsp. coconut oil
1 Tbsp. coriander – ground
1-1/2 Harissa powder

Recipe by:



Instructions

1. Slice onions into thin half-moons. In an 8 inch pan, melt coconut oil over medium-high heat and sauté onions until they begin to lightly brown.
2. Add spices and stir to coat onions. Cook, stirring lightly, about 4 minutes.
3. In a soup pot, add 1/2 Tbsp. coconut oil and melt over medium-high heat. Add turkey and season with salt and pepper. Stir to crumble and brown.
4. Add bone broth and water. Bring to a simmer, then add rice. Add onion and spice/onion mix. Cover and lower heat to low for 20 minutes.
5. Uncover, add carrots and parsnips.
6. When rice is tender, begin the tempering:
 - a. In a small skillet, melt coconut oil over medium heat. Add tempering spices and stir about 2 minutes until fragrant and a dark paste forms. Pour into the soup.
 - b. Measure out a little less than a cup of soup, trying to avoid veggies and grains, and pour into the tempering skillet. Increase heat to high and reduce down to about 3 Tbsp. of liquid. Add to soup.
7. Add mustard greens and parsley until wilted. Season with salt. Stir in lemon juice. Enjoy!