

Eat Smart!

Turkey Noodle Soup Mix

- ¼ cup red lentils
- 2 Tablespoons dried minced onion
- 1½ Tablespoons chicken bouillon granules
- ½ teaspoon dried dill weed
- ⅛ teaspoon celery seed
- ⅛ teaspoon garlic powder
- 1 bay leaf
- 1 cup uncooked medium egg noodles



1. In a small (1 pint), glass jar, layer from bottom to top, lentils, minced onion, bouillon, dill, celery seed, garlic powder, bay leaf and noodles. Seal jar.
2. Attach a card with the following instructions:

Turkey Noodle Soup

- Turkey Noodle Soup Mix
- 2 cups vegetables (frozen or leftover) such as carrots, celery, peas, mixed vegetables
- 2 cups turkey, cooked and diced

1. Bring 8 cups water to boil in a large saucepan over high heat.
2. Stir in jar of soup mix.
3. Cover, reduce heat and simmer 15 minutes.
4. Remove and discard bay leaf.
5. Stir in 2 cups vegetables and 2 cups cooked, diced turkey meat.
6. Cook 5 minutes more, or until vegetables and turkey are heated through and tender.

Note: if using raw vegetables, pre-cook them.

Nutrition Facts	
8 servings per container	
Serving size	2 cups (325g)
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 30mg	10%
Sodium 490mg	21%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 1mg	6%
Potassium 250mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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