



Slow cooker Turkey and Wild Rice Soup

Serves 4

Ingredients:

- 1tbsp vegetable oil
- 250g minced turkey
- small onion, coarsely chopped
- 1 celery stalk, coarsely chopped
- 1 carrot, coarsely chopped
- 1 garlic clove, minced
- ¼ cup wild rice, uncooked
- 1l stock
- ¼ tsp sage
- ¼ tsp thyme
- ¼ tsp marjoram
- ¼ tsp parsley
- ¼ tsp pepper

Method:

1. Heat the oil in a frying pan
2. Brown the turkey and break up with a spoon, for about 8 minutes or until no longer pink
3. Drain off excess fat
4. Transfer turkey to slow cooker
5. Stir in remaining ingredients
6. Cover and cook on high for 4-5 hours

