



RECIPE

Turkey Soup with Pearl Couscous

Recipe Created For
5.3 L French Oven

Main Ingredient
Poultry

Cook Time
Under 2 hours

Serving Size
8

INGREDIENTS

- 2 tbsp (30 ml) olive oil
- 2 tbsp (30 ml) butter
- 1 large onion, chopped
- 1 large leek, thinly sliced
- 6 carrots, peeled and sliced into ¼-inch (6 mm) rounds
- 3 celery stalks, thinly sliced
- 1 small fennel, thinly sliced lengthwise
- 3 garlic cloves, finely chopped
- 2 tsp (10 ml) crushed caraway seeds
- 2 tsp (10 ml) crushed fennel seeds
- 3 bay leaves
- 10 cups (2.5 litres) chicken stock or water
- 1 lb (450 g) cooked turkey meat, shredded
- 3 tbsp (45 ml) chopped dill, plus more for serving
- 3 tbsp (45 ml) chopped flat-leaf parsley, plus more for serving
- 2 cups (500 ml) pearl couscous

INSTRUCTIONS

In a 5.3 L French Oven, heat the oil and butter over medium heat until the butter has melted. Add the onion and leek. Cook, stirring often, until very soft, about 8 minutes.

Add the carrots, celery, and fennel. Season with salt and pepper. Cook, stirring often, until starting to soften, about 5 minutes. Add the garlic, caraway seeds, fennel seeds and bay leaves. Cook for 1 minute while stirring.

Add the stock and turkey (see note). Season with salt and pepper. Bring to a boil. Reduce the heat and add the fresh herbs. Simmer for 15 minutes. Add the couscous and simmer for another 15 minutes. Remove the bay leaves and adjust the seasoning. Serve in bowls garnished with more dill and parsley.

Note

- If you have turkey bones on hand, you can add them at this point for extra flavour. Simply remove them from the soup before serving.

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