



IP Left Over Turkey Soup

Bob and Robin Young, Boise, ID

Source: adapted from The Primal Desire

Prep Time: 10 min **Cook Time:** 7-10 min

Total Time: 20 min (10 min inactive) **Yield:** 3.5 L

Ingredients:

10 c (2½ L) Turkey Stock

3 c leftover Turkey Meat, cut into bite-sized pieces and you can use some of the carcass

½ lb Baby Potatoes, halved

2 lg Carrots, chopped

2 Celery stalks, chopped

1 med-large Yellow Onion, chopped

1½ c Dark Leafy Greens, eg. bok choy, Swiss chard, collard greens, spinach, chopped

Sea Salt and fresh ground Black Pepper to taste

Optional:

1 large Leeks, chopped

½ c Pearl Barley or Brown Basmati Rice

1 lg Poblano Pepper, diced

Directions:

Put potatoes, carrots, celery, onion, turkey, leeks, Poblano pepper, and barley or rice in the Instant Pot.

Fill with turkey stock until Instant Pot is 3.5 L full. Secure lid and under high pressure in the soup setting and cook for 7-10 minutes (depending on how you like your carrots).

Allow to natural pressure release so as not to spray soup all over your kitchen. Add in leafy greens while still hot to wilt leaves. Add salt and pepper to taste and enjoy with hot sauce, if you like.