

# Quick Turkey Noodle Soup

Yield: 8 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-turkey-soup-recipe>

## Ingredients:

- 2 tablespoons olive oil
- 1 cup leeks chopped, white part only, washed well
- 1/2 cup carrots chopped
- 2 celery ribs, chopped
- 1 teaspoon fresh rosemary finely chopped
- 3 cloves garlic chopped
- 8 cups turkey stock
- 2 cups noodles cooked, I use whatever I have on hand
- pepper
- salt
- grated Parmesan to garnish, optional
- fresh parsley Chopped, to garnish, optional

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 15 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 10 grams
7. SaturatedFat: 1 grams
8. Sodium: 490 milligrams
9. Sugar: 6 grams

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