

## Chunky Turkey and Vegetable Soup with Warm Cranberry Gremolata - by Healing Family Eats

*At this time of year you will likely have all these ingredients to hand and if you have bid farewell to your turkey already, fear not because this chunky soup is just as amazing with leftover roast chicken.*

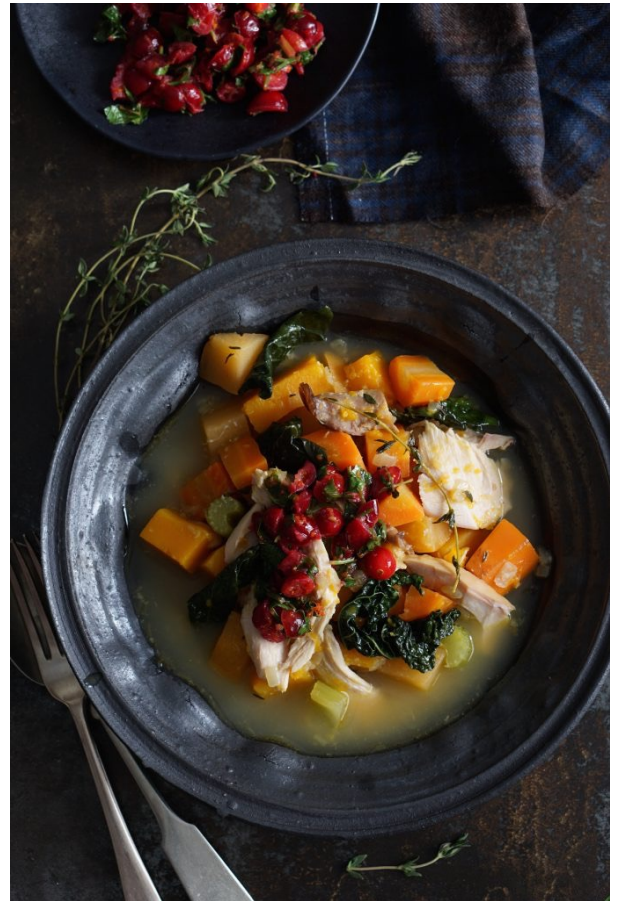
*(Serves 4 large bowls)*

for the soup -

- 2 tbsp coconut oil (or other solid fat)
- 1 medium red onion, finely chopped
- 3 large cloves garlic, minced
- 2 large stalks celery, chopped into 1/2" pieces
- 2 large carrots (12 oz), chopped into 1/2" pieces
- 2 medium (1 lb) rutabaga, chopped into 1/2" pieces
- 1/2 large (1+1/2 lb) butternut squash, chopped into 1/2" pieces
- 6 long sprigs thyme
- 3+1/2 cups turkey or chicken bone broth
- 12 oz leftover roast turkey (or chicken), cut into large bite-sized pieces
- 1/2 bunch lacinato kale, spine discarded, chopped
- pinch sea salt or to taste

for the gremolata -

- 1 tbsp coconut oil (or other solid fat)
- 1 full cup (4 oz) fresh cranberries, chopped
- zest and juice of a large orange
- 1 packed cup flat leaf parsley, chopped
- pinch sea salt



Heat the oil in a large saucepan and add the onion. Cook gently for 6-8 minutes until softened. Now add the garlic, celery, carrots, rutabaga, butternut and thyme, stir well to coat with the oil, cover with a lid and cook for 16-18 minutes until nearly tender, stirring once in a while to avoid the veggies sticking to the bottom of the pan. Add the broth, bring up to a gentle simmer and cook for 10 minutes. Now add the turkey and kale, then simmer gently for a further 5 minutes or so until the turkey has heated through. Add salt to taste, remove the thyme stalks and ladle into large warmed bowls.

Now make the gremolata. Heat the coconut oil in a small frying pan on a medium/high heat and add the cranberries, together with the orange zest and juice. Cook for no more than 2 minutes (you are not looking for sauce), stir in the parsley and a sprinkling of salt then remove the pan from the heat. Spoon over the waiting soup and serve.