

# “Soup”er Soups from Turkey Leftovers

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Give new life to turkey leftovers with these turkey soup recipes. They start with the same basic ingredients of 1 quart (4 cups) low sodium chicken broth and 2 cups of chopped, cooked turkey. Then, they’re modified to reflect different flavor profiles. Each recipe makes about 2 quarts or 4 2-cup servings.

## American

### Turkey Mashed Potato Soup

In a large saucepan or Dutch oven, sauté over medium to medium-high heat in **1 tablespoon extra-virgin olive oil: 1 chopped, sweet, yellow onion and 1 cup thinly sliced carrots** until the onion is translucent and the carrots are tender-crisp, about 5 minutes. Add **1 quart (4 cups) low sodium chicken broth, 3 cups mashed potatoes, and 1 teaspoon dried thyme leaves**; continue cooking and stir until broth is smooth. Add **2 cups chopped, cooked turkey**; continue cooking on medium heat until mixture starts to simmer. Reduce heat to medium-low and continue to simmer, stirring occasionally, for about 10 minutes until mixtures is heated through. Season to taste with salt and freshly ground black pepper.



## Italian

### Turkey Tortellini Soup

Begin by preparing **8 ounces frozen cheese-filled tortellini** according to package directions; set aside. In a large saucepan or Dutch oven, sauté over medium to medium-high heat in **1 tablespoon extra-virgin olive oil: 1 chopped, sweet, yellow onion and 1 cup thinly sliced carrots** until the onion is translucent and the carrots are tender-crisp, about 5 minutes. Add **1 quart (4 cups) low sodium chicken broth, 2 (14.5 – 15 oz.) cans diced tomatoes with Italian herbs, 2 teaspoons Italian seasoning, and 2 finely chopped cloves of garlic**; bring to a boil, then reduce heat and simmer, covered, for 10 minutes. Stir in **2 cups chopped, cooked turkey** and the tortellini; continue cooking a few minutes until heated through. Season to taste with salt and freshly ground black pepper. If desired, top with freshly grated Parmesan cheese.



## Mexican

### Turkey Salsa Soup

Combine **16 oz. (2 cups) mild, chunky salsa; 2 cups frozen whole kernel corn; 2 (15 oz.) cans black soybeans, rinsed, drained; 2 cups chopped, cooked turkey; and 1 quart (4 cups) low sodium chicken broth** in a large saucepan or Dutch oven. Bring to a boil, then reduce heat and simmer for 5 minutes. Season to taste with salt and freshly ground black pepper. If desired, top with grated cheddar cheese.



## Mediterranean

### Turkey Mediterranean Soup

In a large saucepan or Dutch oven, sauté in **1 tablespoon extra-virgin olive oil** over medium to medium-high heat: **1 chopped, sweet, yellow onion; 1 cup thinly sliced carrots; and 1 red bell pepper, diced;** until the onion is translucent and the vegetables are tender-crisp, about 5 minutes. Add **2 (14.5 to 15-oz.) cans diced tomatoes; 1 quart (4 cups) low sodium chicken broth; 2 cloves garlic, finely chopped; 1 tablespoon dried basil; and ¼ teaspoon dried oregano leaves.** Cover pot and simmer 10 minutes. Add in **2 cups chopped, cooked turkey; and 2 (15 oz.) cans Great Northern beans, rinsed, drained.** Continue simmering until heated through. Season to taste with salt and freshly ground black pepper. If desired, top with freshly grated Parmesan cheese.



### More Tips for Handling Turkey Leftovers

The USDA Food Service and Inspection Service advise the following for storing your turkey leftovers:

- Discard any turkey, stuffing, and gravy left out at room temperature longer than 2 hours; 1 hour in temperatures above 90 °F.
- Divide leftovers into smaller portions. Refrigerate or freeze in covered shallow containers for quicker cooling.
- Use refrigerated turkey, stuffing, and gravy within 3 to 4 days.
- If freezing leftovers, use within 2 to 6 months for best quality.

(Retrieved October 28, 2011 at [http://www.fsis.usda.gov/factsheets/lets\\_talk\\_turkey/index.asp](http://www.fsis.usda.gov/factsheets/lets_talk_turkey/index.asp))

### Serving Soup — Safely

Make a large batch of soup and enjoy some for another meal. Many soups, with the possible exception of seafood soups, may taste better the next day! For best safety and quality, plan to eat refrigerated soup within 3 to 4 days or freeze it. And avoid letting soup set at room temperature for more than TWO hours.

Don't put a large pot of hot soup directly into your refrigerator. According to the U.S. Department of Agriculture, it would take an 8-inch stock pot of steaming chicken soup 24 HOURS to cool to a safe temperature in your refrigerator. To be safe:

- To speed cooling, transfer soup to shallow containers, making sure soup is no more than TWO inches deep. Refrigerate promptly. You can place loosely covered foods in the refrigerator while still warm; cover when food is completely cooled.
- When serving soup a second time, reheat it until it's steaming hot throughout, at least 165 F.