

## Turkey Soup

- Turkey pieces (on bone)
- 3 Carrots
- 3 Celery Stalks
- 1 Onion
- 3/4 cup of Rice
- 1 Tablespoon of Parsley
- 1 Tablespoon of Sage
- Chilies, Salt, and pepper (to taste)
- 1 Cup of Turkey stock
- 3 Cups of Spring water

**\*\*Organic products are preferred**

Put all of the Turkey pieces into a crock pot. Add Turkey stock, water, parsley, sage, chilies, salt and pepper. Cook for 4 to 6 hours, then take out turkey pieces and de-bone them. Then return the turkey meat to the crock pot and add diced carrots, celery and onion. Let the crock pot cook for 2 more hours, add spices according to your taste. Then add 3/4 cup of rice and let it cook for 1 more hour (depending on the rice).

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