



Turkey Miso Mushroom Soup

This recipe was submitted by our very own Lynn, as what to do with Thanksgiving turkey leftovers. It's a rich, hearty and flavorful soup. Thanks Lynn! It looked wonderful, and then I decided to put my very own spin on it by substituting 4 cups of water with 4 cups of chicken stock to further intensify the flavor. Also, if it works with left over diced turkey it would also work well with left over diced chicken, perhaps even rotisserie chicken. I love having some soup in the frig for grab and microwave for some great protein AND flavors.

Ingredients:

- ½ ounce dried shitake mushrooms
- 12 ounces leftover turkey (or chicken) diced into ½ inch pieces
- 1 cup green onions diced
- 2 teaspoons creamy peanut butter (I don't keep peanut butter around but I always have PB2 so I will reconstitute 2 Tablespoons of PB2 into creamy peanut butter for less calories and more protein than regular peanut butter)
- ¼ teaspoon crushed red pepper flakes
- 3 Tablespoons Miso paste (or instant Miso soup mix if you can't find paste)
- 4 cups chicken stock

Directions:

1. Soak the dried mushrooms in hot water for about 30 minutes. Drain and squeeze out the excess water. Remove stems and slice
2. In a medium size soup pot combine the turkey, onion and chicken stock. Bring to a simmer over medium heat.
3. Stir in peanut butter and chilis.
4. Stir in miso paste and blend completely
5. Serve

Nutrition: Makes 4 servings each with approximately

- **180 calories and**
- **30 grams protein**