

# Slow Cooker Turkey and Brown Rice Soup

Whether tending to a cold or in need of comfort food, this Turkey and Brown Rice Soup will warm you right up.

Prep Time  
20 mins

Cook Time  
8 hrs 20 mins

Total Time  
8 hrs 40 mins



5 from 4 votes

Course: Soup Cuisine: American

Keyword: Turkey and Brown Rice Soup Servings: 6 Calories: 203kcal Author: Sarah Olson

## Equipment

- Slow Cooker- 6 quart or larger

## Ingredients

- 20 oz. turkey breast tenderloins can substitute with chicken breast
- 2 cups mushrooms sliced
- 1 1/2 cups carrots sliced
- 1 cup celery sliced
- 1/2 cup white onion diced
- 1 tsp. garlic minced
- 1 1/2 tsp. dried basil
- 1 1/2 tsp. dried thyme
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 3 bay leaves
- 47 oz. chicken or turkey broth 32 oz. box AND 15 oz can
- 1 cup dry Minute Brand Brown Rice uncooked

## Instructions

1. Place everything but the rice into the slow cooker; stir.
2. Cover and cook on LOW for 8 hours.
3. After the cooking time is done discard the bay leaves.
4. Shred the turkey with 2 forks.
5. Add the dry Minute brown rice; stir, cover, and cook for 20 minutes on HIGH.
6. Serve and enjoy.

## Notes

**Can I use standard brown rice instead of minute rice?**

You may use standard brown rice, but it must be cooked separately on stove top, then stir it in the soup at the end.

## Can I make a freezer meal with this recipe?

- Yes! Put everything except the chicken broth and rice into a ziplock bag. Place in the freezer for up to 2 months.
- Thaw before putting into slow cooker. Add broth and cook as directed, add the instant brown rice at the end of cooking time.

### Nutrition

Calories: 203kcal | Carbohydrates: 20g | Protein: 26g | Fat: 2g | Saturated Fat: 1g | Cholesterol: 42mg | Sodium: 1076mg | Potassium: 487mg | Fiber: 3g | Sugar: 3g | Vitamin A: 5477IU | Vitamin C: 20mg | Calcium: 88mg | Iron: 4mg

Slow Cooker Turkey and Brown Rice Soup <https://www.themagicalslowcooker.com/turkey-and-brown-rice-soup/>