

Turkey Soup

Ingredients

- 1 tbsp. olive oil
- 1 large onion, halved and sliced into thin strips
- 1 red pepper, seeded and sliced into thin strips
- 2 tsp ground coriander
- ¼ - ½ tsp chilli flakes
- 3 tbsp. basmati rice or long grain rice
- 1½ l hot turkey or chicken stock
- 250g 9oz turkeys meat, cut into thin strips (leg meat will have the most flavour)
- 410g can chickpeas, drained and rinsed
- a handful of fresh coriander or flat leaf parsley, roughly chopped (optional)

Method

1. Heat the oil in a large pan, add the onion and fry for 5 minutes or so, stirring every now and then until it starts to soften.
2. To make the soup, add the red pepper, ground coriander, chilli and rice and stir round the pan for about a minute. Pour in the hot stock, stir in the turkey and chickpeas and season well. Bring to the boil, cover and simmer for 8-10 minutes, until the vegetables and rice are tender. Stir in the coriander or parsley and it's ready. (The soup may now be cooled and frozen for up to 1 month.)

Make it your own

Sizzle some chopped bacon with the onions. Pour in a splash of dry sherry before adding the stock. Any canned pulses can replace the chickpeas. Throw in some chopped sprouts – cooked or raw, it doesn't matter. For extra zing, squeeze in a little lemon juice at the end