

# Turkey Vegetable Soup

*Recipe submitted by Gracie Douglas, Owner, Whisk Organic Market in Valdosta*

Cooked Turkey Breast, shredded

2 cups chopped carrots

2 cups chopped celery

2 cups chopped zucchini

2 cups chopped yellow squash

2 cups chopped yellow or red Onion

1 (28 oz.) can Crushed Tomatoes

Okra (if in season)

One bag frozen Edamame

3 cloves garlic, minced

2 (64 oz.) Organic Vegetable

or Chicken Broth

4-6 cups of water

Season to taste with: Pink Salt, Black Pepper, Worcestershire and/or Tabasco. Place all ingredients in a large pot. Season and simmer on very low heat for 4- 6 hours. Freezes well.