### Turnip Green Soup

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Description</th>
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<tbody>
<tr>
<td>8 ounces, fresh turnip</td>
<td>chopped or ½</td>
<td>8 ounces roasted turkey, chopped</td>
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<tr>
<td>greens, chopped</td>
<td>package, frozen</td>
<td>1 medium onion, chopped</td>
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<tr>
<td>½ cup fresh carrot,</td>
<td>chopped</td>
<td>½ cup garlic, minced</td>
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<tr>
<td>chopped</td>
<td>1 cup, potato,</td>
<td>1 15 ounce can white beans</td>
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<tr>
<td>1 cup water</td>
<td>peeled and diced</td>
<td>1 14 ounce can chicken broth</td>
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<tr>
<td>1 teaspoon salt</td>
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<td>1 teaspoon salt</td>
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<tr>
<td>1 teaspoon</td>
<td></td>
<td>1 teaspoon crushed red pepper flakes</td>
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If using fresh greens, cook until tender.
- **Chop** fresh or frozen turnip greens, roasted turkey, onion, and carrot.
- **Peel** and dice potato and garlic clove.
- **Place** chopped vegetables and chopped roasted turkey in a large soup pot.
- **Drain** and rinse white beans. Add beans, chicken broth, salt, and 1 cup water or enough to cover all ingredients. Stir well.
- **Place** pot on stove and bring to a boil.
- **Add** red pepper flakes.
- **Cover**, reduce heat, and simmer one hour, stirring frequently.

**Yield:** 6, 1 cup servings

**Nutritional Analysis:** 120 calories, 3.5g fat, 12g protein, 10g carbohydrate, 3g fiber, 30mg cholesterol, 420mg sodium.

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**Buying Kentucky Proud is easy.** Look for the label at your grocery store, farmers’ market, or roadside stand.

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### Kentucky Turnip Greens

**SEASON:** May through June and September through November.

**NUTRITION FACTS:** Greens are a source of vitamins A and C. A half-cup serving contains 20 percent of calcium needed daily. Greens are low in calories, with 20 to 30 calories per half-cup serving.

**SELECTION:** Look for bright green leaves that are fresh, young, moist, and tender.

**STORAGE:** Store greens in the coldest part of the refrigerator for no more than 2 to 3 days.

**PREPARATION:** Wash greens well in warm water. Remove roots, rough ribs, and center stalks if they are large or fibrous.

**TO COOK** Add washed greens to a medium-size saucepan with ¼ inch water. Bring water to a boil. Cover and cook until tender. Leafy greens cook in 1 to 3 minutes. Crisp and tender greens may require 5 to 10 minutes. Seasonings and herbs will enhance the flavor without adding salt. Try allspice, lemon, onion, nutmeg, or vinegar.

**TO FREEZE** Wash young, tender green leaves thoroughly and cut off woody stems. Blanch greens for 2 to 3 minutes, cool, drain, and package. Leave ½ inch headspace, seal, label, and freeze. Greens can be stored for up to 1 year in the freezer.

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**Source:** www.fruitandveggiesmatter.gov