

Providing compassionate care and hope to people facing cancer

Turkey & Sage Dumpling Soup: Fall 2026 EW I

Ingredients

1 Tbsp. olive oil
½ cup diced onion
1 cup chopped celery
1 cup chopped carrots
1 garlic clove, minced
2 Tbsp. flour
2 Tbsp. turkey or chicken bouillon paste
1 ½ boneless, skinless turkey breast, cut into 4 pieces
2 fresh sage leaves, chopped & 2 bay leaves
Black pepper to taste

Dumplings:

1 cup flour
1 Tbsp. minced fresh sage
1 tsp. baking powder
½ tsp, salt & ¼ tsp black pepper
1 large egg yolk, beaten
½ cup cold fat-free milk
Chopped parsley, for garnish

Instructions

Combine the following ingredients into a stock-pot: olive oil, onion, celery, carrots, garlic & bay leaves (remove bay leaves before serving). Saute and “sweat” the vegetables with lid on until fork tender.

Sprinkle the flour over the vegetables and cook, stirring for about 1 minute. Set aside.

In a baking dish, place turkey breasts tossed with olive oil and cook at 400 degrees in the oven until turkey shreds easily, about an hour.

Combine shredded turkey with vegetables & season with sage & black pepper. Add to a stock pot 7 cups water, bouillon & seasonings and bring to a boil.

Dumplings: In a medium bowl, combine dry ingredients. In a small bowl, whisk together the egg yolk & milk. Add the egg mixture to the flour mixture & mix until blended.

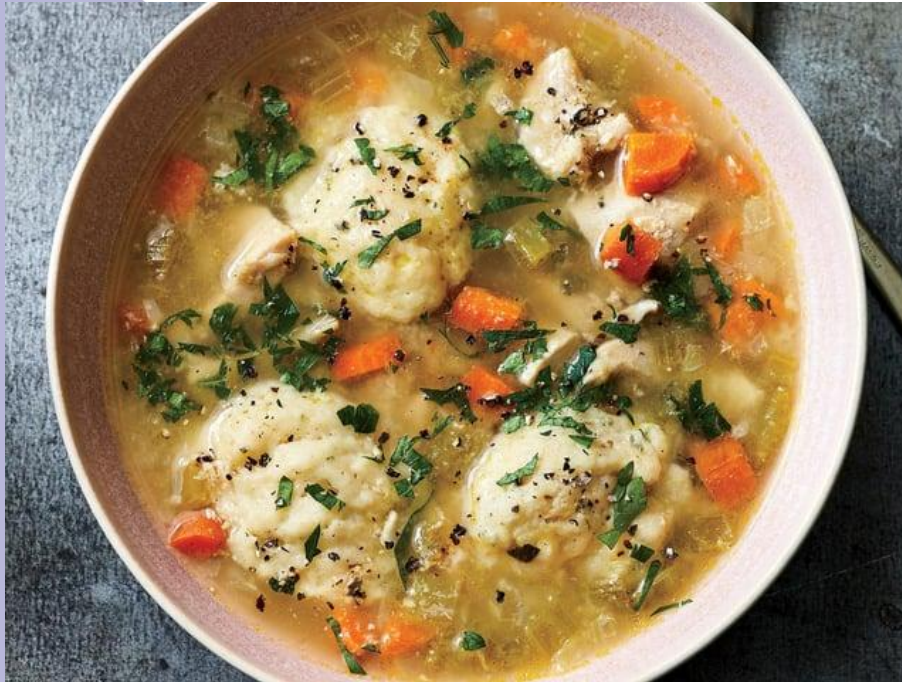
1 cup flour
1 Tbsp. minced fresh sage
1 tsp. baking powder
½ tsp salt & ¼ tsp black pepper
1 large egg yolk, beaten
½ cup cold fat-free milk
Chopped fresh parsley for garnish

When the soup comes to a boil, drop in scant teaspoons (they will expand). Cover & cook until dumplings are done, garnish and serve.

Serving Size: 1 cup, 6 servings

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Nutrition Tip

- *Do not keep leftovers for longer than 3 days in the refrigerator – on day 3, freeze leftover soup in individual, single serve containers that are easy to reheat later.*