Quick Turkey Rice Soup

2 teaspoon oil
1 cup chopped onions
1 clove garlic, minced
1 15-ounce can diced tomatoes
3 14-ounce cans low-sodium chicken broth
1 cup uncooked instant brown rice
2 cups frozen or fresh chopped broccoli
2 cups chopped cooked skinless turkey
1 10.75-ounce cream of chicken soup

1. Heat oil in large saucepan over medium-high heat; Add onions and garlic. Cook, stirring often, until onion is tender, about 5 minutes.
2. Add tomatoes, broth, soup, and rice. Cover and cook until rice is nearly tender, 15 to 20 minutes.
3. Stir in the broccoli and turkey; return to boil.
4. Reduce heat and simmer, partially covered until broccoli is tender and turkey is heated through, about 5 minutes
5. Remove from heat; stir in pepper.

Make 6 servings, 1 1/2 cups each