

# Homemade Turkey Soup

## Soup of the Month February - 2015



Carrots give plenty of vitamin A for healthy eyes--but add corn, peas or potatoes for added fiber and more veggies.

**Prep Time:** 30 Min

**Start to Finish:** 2 Hrs. 55 Min

**Makes:** 10 servings

### INGREDIENTS

Carcass from cooked 10- to 12-lb turkey  
3 quarts (12 cups) water  
1 teaspoon salt  
1/2 teaspoon pepper  
1/4 teaspoon poultry seasoning or dried sage leaves  
1 dried bay leaf  
1/2 cup uncooked pearl barley  
3 medium carrots, sliced (1 1/2 cups)  
1 large onion, chopped (1 cup)  
2 medium stalks celery, sliced (1 cup)  
3 cups cut-up cooked turkey  
2 tablespoons chopped fresh parsley, if desired

### DIRECTIONS

1. Break up turkey carcass to fit 6-quart Dutch oven. Add water, salt, pepper, poultry seasoning and bay leaf. Heat to boiling over high heat; reduce heat to low. Cover; simmer 1 hour 30 minutes.
2. Skim off any residue that rises to the surface. Remove bones, meat and bay leaf from broth; cool. When cool enough to handle, remove meat from bones and cut into bite-size pieces; set aside. Discard bones and bay leaf.
3. Skim fat from broth; discard. Add turkey meat cut from bones to broth; stir in barley. Heat to boiling; reduce heat to low. Cover; simmer 30 minutes, stirring occasionally.
4. Stir in carrots, onion, celery and 3 cups cooked turkey. Simmer uncovered 20 to 25 minutes longer, stirring occasionally, until vegetables and barley are tender. Stir in parsley.

**Recipe Provides:** Meat & Beans 2oz-equivalents, Vegetables 1/2c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Serving	<b>Total Fat:</b>	3 1/2 g	<b>Saturated Fat:</b>	1 g
<b>Calories:</b>	140	<b>Calories from Fat:</b>	30	<b>Carbohydrates:</b>	13 g
<b>Cholesterol:</b>	40 mg	<b>Dietary Fiber:</b>	3 g	<b>Sodium:</b>	330 mg
<b>Sugars:</b>	2 g	<b>Protein:</b>	15 g		



Recipe adapted from [www.eatbetterearly.com](http://www.eatbetterearly.com)