

Soup

Home-style Turkey Soup Serves 10 (courtesy Mayo Clinic)

Ingredients

- 1 turkey carcass
- 4 cups water
- 8 cups reduced-sodium chicken broth
- 4 large onions, 1 quartered and 3 chopped
- 1 cup diced rutabaga or turnip, peeled
- 1 cup chopped celery
- 4 carrots, peeled and cut into thin strips
- 1/4 cup chopped fresh parsley
- 1/4 teaspoon dried thyme
- 1 bay leaf
- 1/2 teaspoon ground black pepper
- 1/4 cup pearl barley
- 1 can (14 ounces) unsalted tomatoes
- 1 can (16 ounces) white beans, rinsed and drained
- 1/2 pound leftover light turkey meat, cut into bite-size chunks

Directions

1. In a large stockpot, combine the turkey carcass, water, broth and quartered onion. Bring to a boil over high heat. Reduce heat, cover and simmer for 1 hour.
2. Strain the mixture, discarding the carcass and onion. Chill the liquid in the refrigerator — overnight, if possible — and skim off the fat from the broth's surface. Return the liquid to the stockpot.
3. Add the remaining ingredients to the broth mixture. Bring to a simmer and cook, covered, for about 1 hour.
4. Ladle into individual bowls and serve immediately.

Nutritional Analysis (per serving)

Calories 191

Cholesterol 20mg

Protien 15g

Sodium 171mg

Carbohydrate 27 g

Fiber 5 G

Total Fat 3g

Saturated Fat 1g

Monounsaturated Fat <1g

Potassium 583 mg

Calcium 89 mg