



Home-Style Turkey Soup

Serves 10

Use the turkey leftovers from a holiday meal or family gathering to make a hearty turkey soup. To limit the sodium content, this recipe uses reduced-sodium chicken broth and unsalted canned tomatoes.

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
¼ cup chopped fresh parsley
¼ teaspoon dried thyme
1 bay leaf
½ teaspoon ground black pepper
¼ cup pearl barley
1 can (14 ounces) unsalted tomatoes
1 can (16 ounces) white beans, rinsed and drained
½ pound leftover light turkey meat, cut into bite-size chunks

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.

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.

Add the remaining ingredients to the broth mixture. Bring to a simmer and cook, covered, for about 1 hour.

Ladle into individual bowls and serve immediately.

Nutritional Analysis

Calories	191
Total Fat	3g
Saturated Fat	1g
Monounsaturated Fat	< 1g
Cholesterol	20mg
Sodium	171mg
Carbohydrates	27g
Fiber	5g
Potassium	583mg
Calcium	89mg

Diabetic Exchanges:

Starches	1
Non-starchy vegetables	2
Meat and meat substitutes	1