

HOMEMADE TURKEY SOUP

From Stay Young at Heart

<http://www.nhlbi.nih.gov/health/public/heart/other/syah/homtrksp.htm>

To make this popular soup lower in saturated fat, prepare it ahead of time to cool and skim off the fat that rises to the top.

6 lb	turkey breast. It should have some meat (at least 2 cups) remaining on it to make a good, rich soup.
2	medium onions
3	stalks of celery
1 tsp	dried thyme
1/2 tsp	dried rosemary
1/2 tsp	dried sage
1 tsp	dried basil
1/2 tsp	dried marjoram
1/2 tsp	dried tarragon
1/2 tsp	salt
to taste	black pepper
1/2 lb	Italian pastina or pasta, or barley or brown rice Additional chopped vegetables to taste

1. Place turkey breast in a large 6-quart pot. Cover with water, at least 3/4 full.
2. Peel onions, cut in large pieces, and add to pot. Wash celery stalks, slice, and add to pot also.
3. Simmer covered for about 2-1/2 hours.
4. Remove carcass from pot. Divide soup into smaller, shallower containers for quick cooling in the refrigerator.
5. After cooling, skim off fat.
6. While soup is cooling, remove remaining meat from turkey carcass. Cut into pieces.
7. Add turkey meat to skimmed soup along with herbs and spices.
8. Bring to a boil and add pastina, barley or rice and any extra vegetables. Continue cooking on low boil for about 20 minutes until pastina is done. Serve at once or refrigerate for later reheating.

Yield: About 4 quarts of soup (16 servings)--Serving Size: 1 cup

Each serving provides:

Calories: 226

Total fat: 5 g

Saturated fat: 1 g

Cholesterol: 93 mg

Sodium: 217 mg



Wellness Center