

## Home-style turkey soup

**Tip:** 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.

SERVES 10

### 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

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**

(per serving)

Calories	191	Cholesterol	20 mg
Protein	15 g	Sodium	171 mg
Carbohydrate	27 g	Fiber	5 g
Total fat	3 g	Potassium	583 mg
Saturated fat	1 g	Calcium	89 mg
Monounsaturated fat	< 1 g		

### **DIABETES MEAL PLAN EXCHANGES**

Starches	1
Nonstarchy vegetables	2
Meat and meat substitutes	1