

Leftover Turkey Soup

INGREDIENTS:

- 1 ea. leftover turkey carcass, meat removed
- 2 qt. low sodium chicken broth
- 2 ea. white onion, (1 in halves) and the other minced
- 2 ea. carrots (1 in halves) and the other finely chopped
- 2 ea. celery stalk, (1 whole) and 1 chopped
- 2 ea. dried bay leaves, crumbled
- 3 cups leftover turkey meat (breast meat, no skin), cut into bite size pieces
- 2 ea. garlic cloves, minced
- 2 Tbs. olive oil
- 3 cups leftover vegetables (ie. greenbeans, brussel sprouts)
- 1 Tbs. fresh sage, chopped

DIRECTIONS:

Place chicken broth, turkey carcass, onion and carrot halves, 1 celery stalk and 1 bay leaf in large cooking pot. Bring to a boil, then simmer for 1 to 1 ½ hours. Chop and mince remaining onion, carrot and celery, set aside. Dice turkey meat into bite size pieces. Remove carcass and bones from soup stock. Strain broth. Discard solids. Transfer to a large bowl and cool broth quickly in an ice bath. Refrigerate broth.

In a large soup pot, heat minced garlic and olive oil. Brown garlic slightly and add remaining carrots, celery and onion. Cook over medium heat until vegetables are tender (about 7 minutes). Dice other vegetables (green beans and/or brussel sprouts). Add chopped sage to soup pot along with turkey broth and remaining bay leaf. Bring to a simmer. Once simmering add green beans and/or brussel sprouts and reduce heat. Bring back to a simmer and turn heat off, cover and allow it to sit and cook for 10 minutes. Serve.

Makes approximately 6 serving. Serving size is 1 to 1 ¼ cup
Calories per serving: 294

NUTRITIONAL INFORMATION PER SERVING:

- 42 g protein
- 15g carbohydrates
- 7.5 g fat
- 187 mg sodium
- 94 mg cholesterol
- 3 g fiber

