

Judy's "Save For A New Home" Turkey Soup - www.MainLinePaToday.com

Turkey Stock:

- Remove the Turkey meat from the bones – use or wrap and freeze meat for later.
- In a large pot, cover the bones with water, about 3 quarts. Toss in 1 onion, a couple of carrots, and stalks of celery, some parsley and some dill weed.
- Add ½ teaspoon of salt to your own taste and diet.
- Bring to a boil, skim off any froth. Turn the heat to low and simmer for 1-2 hours. After the stock is cool, remove and toss out bones.
- Pour through a strainer. Skim off any fat from the top. Make the soup now or freeze for later. I like to make the soup the same day, and then freeze for easy meals.
- Have some other left over vegetables? Just toss them in the pot. Didn't cook the Turkey this year? Roast a whole chicken or parts and do the same thing with the bones. Adjust the amount of water and salt.

Turkey or Chicken Soup:

1 Onion, finely chopped
1 parsnip chopped
1 turnip chopped
2 cloves of garlic, minced
2 -3 Carrots, diced
2-3 Stalks of celery, finely chopped
1 medium potato chopped
¼ cup of pearl barley
¼ cup of brown rice
2-3 Quarts of Stock
A few stems of fresh parsley and dill weed chopped
1 cup of cooked chopped turkey or chicken, if you have it

Sauté vegetables until soft, in 1 teaspoon each of olive oil and butter, over medium heat. Add 2 quarts of your stock bring to a boil and lower heat to simmer for an hour. Take some of the vegetables and blend them in the blender or with a blender wand if you like a creamy soup. Soup's too thick? Just add more stock or water. I like to add a pinch of curry or turmeric to the broth for the flavor and nice golden color Add cooked meat, parsley and dill just before serving. Adjust salt to your taste.

This is pure comfort food and a nutritional powerhouse. Don't like rice or barley, replace one or both with your favorite pasta. Don't want to do the stock thing, buy unsalted stock and cook the soup and the meat at the same time. Serve with whole grain bread or sandwiches. Share with someone else who needs help and be twice blessed.

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