

Turkey Barley Soup

Gayle Masters

Unitarian Universalist Fellowship of Vero Beach, FL 2000

*1 turkey carcass (10 to 12 pounds), plus giblets
8 cups water
2 teaspoons salt
1 clove garlic, cut up
10 black peppercorns
1/2 cup chopped parsley
2 cups chopped onion
dash paprika
1/3 cup regular barley
1 cup sliced carrots
1 cup sliced celery*

In a large soup kettle, place the carcass, giblets, water, salt, garlic, peppercorns, parsley and onion. Bring to a boil. Cover and simmer for 45 minutes.

Add the barley. Cover and continue cooking for one hour.

Add the carrots, paprika and celery. Cover and cook for 10 minutes.

Meanwhile, remove the meat from the bones and return to the soup. Cover and cook for 10 minutes more.

Per Serving (excluding unknown items): 210 Calories; 1g Fat (4.5% calories from fat); 7g Protein; 48g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 4495mg Sodium. Exchanges: 0 Grain(Starch); 8 1/2 Vegetable; 0 Fat.