

Turkey Soup

St Lucie News Tribune

*1 turkey carcass
4 carrots, divided
4 stalks celery, divided
1 onion
2 whole cloves
1/2 bunch parsley
salt and pepper
mashed potatoes (optional)
leftover stuffing (optional)
leftover turkey (whatever quantity is
desired), cut into bite-sized pieces*

Place the turkey carcass in a large stockpot and cover well with cold water. Chop two of the carrots and two of the celery stalks into a few pieces and add to the water.

Stick the cloves into the onion and add to the water along with the parsley. Turn the heat to high and cook until the water starts to boil. Lower the temperature and cook on a low simmer for three hours, skimming off scum that floats to the surface with a spoon, ladle or strainer.

Strain out the solids by pouring the soup through a strainer into a large bowl. Return the soup to the pot. If you will be thickening it with mashed potatoes or stuffing, measure the soup as you return it.

Bring the soup back to a simmer. Slice the two remaining carrots and celery stalks; add to the soup. If you are not thickening the soup with mashed potatoes or stuffing, add the leftover turkey now. Season with salt and pepper (If you will be using mashed potatoes or stuffing, go light on the salt if these additions are already salty). Simmer gently until the carrots and celery are tender, about 20 to 30 minutes.

If you want to thicken the soup, add 1/2 cup of mashed potatoes for every two cups of soup OR 1/2 cup of leftover stuffing for every two cups of soup. Puree' until smooth.

Add the leftover turkey. Heat until the turkey is warm.

Garnish with parsley and serve.

Per Serving (excluding unknown items): 245 Calories; 4g Fat (12.1% calories from fat); 7g Protein; 54g Carbohydrate; 19g Dietary Fiber; 0mg Cholesterol; 292mg Sodium. Exchanges: 1/2 Grain(Starch); 8 1/2 Vegetable; 1/2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	245	Vitamin B6 (mg):	.8mg
% Calories from Fat:	12.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	77.8%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	10.1%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	4g	Folacin (mcg):	164mcg
Saturated Fat (g):	1g	Niacin (mg):	4mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	0 0%
Carbohydrate (g):	54g	Food Exchanges	
Dietary Fiber (g):	19g	Grain (Starch):	1/2
Protein (g):	7g	Lean Meat:	0
Sodium (mg):	292mg	Vegetable:	8 1/2
Potassium (mg):	1874mg	Fruit:	0
Calcium (mg):	290mg	Non-Fat Milk:	0
Iron (mg):	5mg	Fat:	1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	96mg		
Vitamin A (i.u.):	82856IU		
Vitamin A (r.e.):	8282 1/2RE		

Nutrition Facts

Amount Per Serving

Calories	245	Calories from Fat:	30
% Daily Values*			
Total Fat	4g		6%
Saturated Fat	1g		4%
Cholesterol	0mg		0%
Sodium	292mg		12%
Total Carbohydrates	54g		18%
Dietary Fiber	19g		75%
Protein	7g		
Vitamin A			1657%
Vitamin C			159%
Calcium			29%
Iron			30%

* Percent Daily Values are based on a 2000 calorie diet.