

Turkey-Lentil Soup

Fresh Ways with Soups & Stews
Time-Life Books

Servings: 6

1 1/2 pounds turkey drumsticks, skinned
freshly ground black pepper
2 teaspoons safflower oil
1 small onion, thinly sliced
1 cup lentils, picked over and rinsed
1 small bay leaf
1 small carrot, thinly sliced
1 small zucchini, thinly sliced
1 stalk celery, thinly sliced
1 ripe tomato, peeled, seeded and coarsely chopped
1/2 teaspoon finely chopped fresh sage OR 1/4 teaspoon dried sage
3/8 teaspoon salt

Preparation Time: 15 minutes

Sprinkle the drumsticks with some pepper. Heat the oil in a large, heavy-bottomed pot over medium heat. Add the drumsticks and cook them, turning them frequently, until they are evenly browned - 2 to 3 minutes. Push the drumsticks to one side of the pan, then add the onion and cook it until it is translucent - 2 to 3 minutes.

Pour five cups of water into the pot. Add the lentils and bay leaf and bring the water to a boil. Reduce the heat to maintain a simmer and cook the lentils, covered, for 20 minutes. Skim off any impurities that have risen to the surface. Continue cooking the mixture until the juices run clear from a drumstick pierced with the tip of a sharp knife - about 20 minutes more.

Remove the drumsticks and set them aside. When they are cool enough to handle, slice the meat from the bones and cut it into small pieces. Discard the bones. Remove and discard the bay leaf. Add the carrot, zucchini, celery and tomato to the soup and simmer until the vegetables are tender - about 5 minutes. Add the turkey meat, sage and salt. Continue cooking the soup until the vegetables are tender - about 2 minutes more. Serve hot.

Start to Finish Time: 10 hours

Per Serving (excluding unknown items): 144 Calories; 2g Fat (11.9% calories from fat); 10g Protein; 23g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 148mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 Vegetable; 1/2 Fat.

Per Serving Nutritional Analysis

| | | | |
|---------------------------------------|-----------|-----------------------------|--------|
| Calories (kcal): | 144 | Vitamin B6 (mg): | .3mg |
| % Calories from Fat: | 11.9% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 61.7% | Thiamin B1 (mg): | .2mg |
| % Calories from Protein: | 26.4% | Riboflavin B2 (mg): | .1mg |
| Total Fat (g): | 2g | Folacin (mcg): | 156mcg |
| Saturated Fat (g): | trace | Niacin (mg): | 1mg |
| Monounsaturated Fat (g): | trace | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 1g | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 0mg | % Refuse: | 0.0% |
| Carbohydrate (g): | 23g | Food Exchanges | |
| Dietary Fiber (g): | 11g | Grain (Starch): | 1 |
| Protein (g): | 10g | Lean Meat: | 1 |
| Sodium (mg): | 148mg | Vegetable: | 1 |
| Potassium (mg): | 503mg | Fruit: | 0 |
| Calcium (mg): | 33mg | Non-Fat Milk: | 0 |
| Iron (mg): | 3mg | Fat: | 1/2 |
| Zinc (mg): | 1mg | Other Carbohydrates: | 0 |
| Vitamin C (mg): | 12mg | | |
| Vitamin A (i.u.): | 3637IU | | |
| Vitamin A (r.e.): | 363 1/2RE | | |

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 144 **Calories from Fat:** 17

% Daily Values*

| | |
|--------------------------------|-----|
| Total Fat 2g | 3% |
| Saturated Fat trace | 1% |
| Cholesterol 0mg | 0% |
| Sodium 148mg | 6% |
| Total Carbohydrates 23g | 8% |
| Dietary Fiber 11g | 45% |
| Protein 10g | |
| Vitamin A | 73% |
| Vitamin C | 19% |
| Calcium | 3% |
| Iron | 18% |

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