



Hearty Barley Turkey Soup

 Dairy Free

READY IN



230 min.

SERVINGS



12

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup barley
- ☐ 1 bay leaf
- ☐ 2 bay leaves
- ☐ 10 peppercorns whole black
- ☐ 0.5 cup carrots chopped
- ☐ 1.5 pounds carrots cut into 1-inch chunks
- ☐ 6 stalks celery cut into 1/2-inch slices
- ☐ 1 teaspoon marjoram dried

- ☐ 1 pinch thyme leaves dried to taste
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 cup mushrooms chopped
- ☐ 1.5 cups onion coarsely chopped
- ☐ 2 onions diced
- ☐ 2 teaspoons salt
- ☐ 1 turkey carcass
- ☐ 5 quarts water or as needed

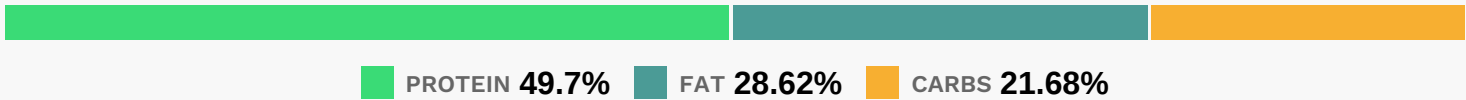
Equipment

- ☐ pot

Directions

- ☐ Bring water and turkey carcass to a boil in a large pot; add 1 1/2 cup chopped onion, 3 stalks celery, 1/2 cup chopped carrot, peppercorns, 1 pinch thyme, and 1 bay leaf. Simmer, skimming excess fat and foam from top of stock as needed, 2 to 2 1/2 hours.
- ☐ Add more water to stock as it evaporates.
- ☐ Remove carcass from stock and cool. Pull meat from bones and shred; refrigerate until needed. Strain stock and return liquid to pot.
- ☐ Mix 1 1/2 pounds carrots, 2 onions, 6 stalks celery, barley, mushrooms, 2 bay leaves, salt, marjoram, black pepper, and 1 pinch thyme into turkey stock and bring to a boil. Reduce heat and simmer soup, stirring occasionally, until barley is fully cooked, 1 hour and 20 minutes.
- ☐ Add turkey meat to the soup and simmer for 10 more minutes.
- ☐ Remove bay leaves before serving.

Nutrition Facts



Properties

Glycemic Index:25.97, Glycemic Load:6, Inflammation Score:-10, Nutrition Score:30.893478186234%

Flavonoids

Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.92mg, Isorhamnetin: 1.92mg, Isorhamnetin: 1.92mg, Isorhamnetin: 1.92mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.99mg, Quercetin: 7.99mg, Quercetin: 7.99mg, Quercetin: 7.99mg

Nutrients (% of daily need)

Calories: 401.96kcal (20.1%), Fat: 12.7g (19.54%), Saturated Fat: 3.26g (20.37%), Carbohydrates: 21.66g (7.22%), Net Carbohydrates: 16.2g (5.89%), Sugar: 5.17g (5.74%), Cholesterol: 154.55mg (51.52%), Sodium: 710.14mg (30.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.65g (99.29%), Vitamin A: 10581.04IU (211.62%), Vitamin B3: 17.95mg (89.76%), Selenium: 52.22µg (74.6%), Vitamin B6: 1.49mg (74.31%), Phosphorus: 474.72mg (47.47%), Vitamin B12: 2.62µg (43.67%), Zinc: 4.55mg (30.34%), Vitamin B2: 0.52mg (30.3%), Manganese: 0.51mg (25.52%), Potassium: 872.02mg (24.91%), Magnesium: 92.23mg (23.06%), Fiber: 5.46g (21.84%), Vitamin B5: 2.11mg (21.12%), Copper: 0.37mg (18.51%), Vitamin B1: 0.27mg (17.89%), Iron: 2.78mg (15.46%), Vitamin K: 15.15µg (14.43%), Folate: 45.03µg (11.26%), Vitamin C: 7.22mg (8.76%), Calcium: 79.58mg (7.96%), Vitamin E: 0.76mg (5.03%), Vitamin D: 0.65µg (4.35%)