



HEALTH SCORE

63%

Turkey Vegetable Soup with Stuffing Dumplings



Dairy Free



Very Healthy

READY IN



105 min.

SERVINGS



6

CALORIES



1250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 6 servings pepper black freshly ground to taste
- ☐ 10 peppercorns whole black
- ☐ 4 carrots peeled sliced coarsely chopped
- ☐ 4 stalks celery sliced coarsely chopped
- ☐ 1 cup corn kernels leftover
- ☐ 2 large eggs

- ☐ 6 tablespoons flour all-purpose as needed plus more
- ☐ 2 sprigs thyme leaves fresh
- ☐ 6 garlic cloves smashed chopped
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 large onions chopped quartered
- ☐ 0.5 teaspoon salt as needed plus more
- ☐ 2 cups pepperidge farm sage and onion stuffing stuffing leftover
- ☐ 12 pound carcass from one roasted turkey
- ☐ 2 cups turkey meat shredded leftover

Equipment

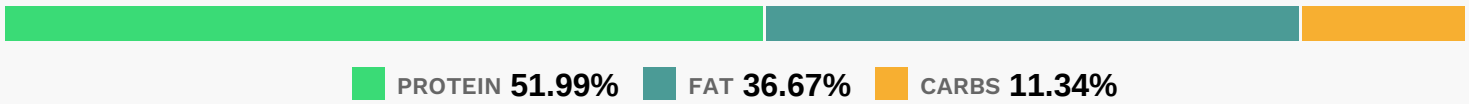
- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ sieve

Directions

- ☐ Put the turkey carcass, quartered onions, coarsely chopped carrots and celery, smashed garlic, bay leaf, and peppercorns in a large stockpot and add enough cold water to just cover, about 2 quarts. Bring the water to a boil, and then reduce the heat to maintain a gentle simmer and cook for 1 hour.
- ☐ Remove from the heat and strain the solids from the broth.
- ☐ Pour the liquid through a fine mesh strainer and reserve; you should have about 10 to 12 cups broth.
- ☐ Meanwhile, in a small bowl, whisk the eggs, flour, 1/2 teaspoon salt, and some black pepper together until smooth.
- ☐ Add the stuffing and mix until well combined; cover and reserve.
- ☐ Wipe the stockpot clean with a paper towel.
- ☐ Heat the oil in the pot over medium heat.

- ☐
- Add the chopped onion and garlic and cook until soft and translucent, about 6 minutes.
- ☐
- Add the sliced carrots and celery, thyme sprigs, and reserved broth and bring to a simmer; cook vegetables are just soft, about 10 minutes.
- ☐
- Roll level tablespoons of the dumpling mixture into balls with wet hands (see note) and drop into the simmering soup; cook until dumplings float, 3–4 minutes. Gently stir in the turkey meat, corn, and season with salt and pepper, and simmer until heated through.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.31, Glycemic Load:6.91, Inflammation Score:-10, Nutrition Score:53.572173823481%

Flavonoids

Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 10.39mg, Quercetin: 10.39mg, Quercetin: 10.39mg, Quercetin: 10.39mg

Nutrients (% of daily need)

Calories: 1250.39kcal (62.52%), Fat: 50.06g (77.01%), Saturated Fat: 12.55g (78.42%), Carbohydrates: 34.86g (11.62%), Net Carbohydrates: 29.58g (10.76%), Sugar: 7.53g (8.36%), Cholesterol: 576.62mg (192.21%), Sodium: 1414.47mg (61.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 159.69g (319.38%), Vitamin B3: 55.9mg (279.52%), Selenium: 192.96µg (275.66%), Vitamin B6: 4.39mg (219.47%), Vitamin A: 7622.97IU (152.46%), Vitamin B12: 8.49µg (141.48%), Phosphorus: 1404.96mg (140.5%), Vitamin B2: 1.59mg (93.49%), Zinc: 13.43mg (89.51%), Vitamin B5: 6.37mg (63.67%), Potassium: 1960.98mg (56.03%), Magnesium: 204.81mg (51.2%), Iron: 7.93mg (44.03%), Vitamin B1: 0.56mg (37.23%), Copper: 0.68mg (34.04%), Folate: 134.1µg (33.53%), Manganese: 0.53mg (26.27%), Vitamin K: 24.48µg (23.31%), Fiber: 5.28g (21.12%), Vitamin D: 2.45µg (16.35%), Vitamin E: 2.44mg (16.28%), Calcium: 153.83mg (15.38%), Vitamin C: 8.84mg (10.72%)