

# Turkey Soup

**Servings:** 16

## **Ingredients:**

- Large Turkey carcass
- 6 or 7 quarts of water
- One bunch of celery, cleaned and diced
- 1 medium onion, diced
- 4 cloves of garlic, minced
- $\frac{1}{2}$  tsp. black pepper
- 1 tsp. celery salt
- $\frac{1}{2}$  tsp. celery seed
- 1 tsp. onion powder
- 1 or 2 Tbl. Better Than Bouillon Chicken Base
- 2 or 3 bay leaves
- 1 bunch of parsley, chopped
- 2 c. uncooked brown rice

## **Directions:**

Add water to your turkey carcass in a large stock pot. Bring to simmer for a couple hours (until meat has fallen off the bones). Cool.

At this point I separate the liquid-stock from the bones and meat by either scooping out all the bones and meat with a slotted spoon, or draining through a colander.

When the bones and meat are cool enough go through by hand to toss bones and cartilage, and then return the meat to the stock.

Add onion, celery, garlic, and spices, to the stock and return to simmer.

Add rice and parsley; keep on slow simmer until rice is done (about 45-minutes).

## **Nutrition:** (Serving size: 1½ cups)

*calories:* 182    *protein:* 9.8g    *total carbohydrate:* 27.9g    *total fat:* 3.9g  
*sugars:* 5.3g    *sodium:* 663mg    *dietary fiber:* 2.0g    *saturated fat:* 0.8g