



Delicious Turkey Soup... aka Healthiest Soup Ever

By James Brock

INGREDIENTS:

- 1 turkey carcass
- 4 quarts water
- 5 small potatoes, cut into bite-size pieces
- 5 large carrots, sliced
- 3 stalks celery, chopped
- 1 large white onion, chopped
- 2 cups shredded cabbage
- 1 (28 ounce) can whole peeled tomatoes
- ½ cup uncooked barley
- 1 tablespoon Worcestershire sauce
- 2 teaspoons salt
- 2 bay leaves
- ½ teaspoon black pepper
- ¼ teaspoon paprika
- 1 teaspoon dried thyme
- fresh parsley for garnish

Chantal Item Needed:

- *Induction 21 Steel® 8 qt. Stockpot with Glass Lid*





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METHOD

Put the turkey carcass into a Chantal *Induction 21 Steel® 8 qt. Stockpot* with Glass Lid* and add the water; bring to a boil, reduce heat to a simmer, and cook the carcass until the meat falls off the bones, about 1 hour. Remove the carcass and allow it to cool. Remove all of the remaining meat, then chop into small pieces.

Strain the broth through a fine strainer into a clean pot. Add the chopped turkey to the strained broth and bring the to a boil, then reduce heat to simmer. At this point, add potatoes, carrots, celery, onion, cabbage, tomatoes, barley, Worcestershire sauce, salt, bay leaf, black pepper, paprika, and thyme. Simmer, partially covered, until the vegetables are tender, about 1 hour. Right before serving, add ½ cup half-and-half or heavy cream; this is an optional step, but the added richness is appreciated. Taste for seasoning and adjust as necessary. Don't forget to remove the bay leaves.

* **NOTE:** Chantal *Induction 21 Steel®* contains **NO Nickel** so it cannot leach into your food.....healthiest soup ever!

Enjoy!