

Turkey Barley Soup

Yield: 10 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-turkey-stew-recipe>

Ingredients:

- 8 cups turkey stock made from leftover turkey carcass, or could use chicken stock, but turkey stock is better
- 1 tablespoon olive oil or butter
- 1 onion diced in 3/8 inch pieces
- 1 cup celery diced in 3/8 inch pieces
- 2 cups carrots diced in 3/8 inch pieces
- poultry seasoning 2 tsp., or more, to taste, can substitute dried thyme and sage for poultry seasoning
- black pepper to taste
- 4 cups turkey diced leftover
- 4 cups water
- 3/4 cup pearl barley
- 1 turkey soup base as needed, i used about 1 t penzey's turkey soup base can also use chicken buillon, a dash of soy sauce, or kitchen...

Nutrition:

1. Calories: 1020 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 375 milligrams
4. Fat: 47 grams
5. Fiber: 4 grams
6. Protein: 116 grams
7. SaturatedFat: 11 grams
8. Sodium: 660 milligrams
9. Sugar: 6 grams

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