

Turkey-Vegetable-Barley Soup

Yield: 12 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-chicken-broth-italian-parsley-sage-thyme>

Ingredients:

- 1 whole turkey carcass cut into pieces to fit stockpot
- cold water to cover, about 10 cups
- 3 stalks celery cut into chunks
- 3 carrots peeled and cut into chunks
- 1 large onion cut into chunks
- 6 sprigs Italian parsley
- 6 sprigs thyme
- 1 sprig sage
- 2 bay leaves
- 10 whole black peppercorns
- 6 small red potatoes diced
- 1 large onion diced
- 3 cloves garlic chopped
- 4 carrots peeled and diced
- 2 stalks celery diced
- 4 parsnips peeled and diced
- 28 ounces diced tomatoes undrained
- 15 ounces chickpeas rinsed and drained
- 3/4 cup barley uncooked
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 1 teaspoon dried marjoram
- 1/2 teaspoon dried sage
- 2 teaspoons kosher salt or as desired
- 1/2 teaspoon freshly ground black pepper or as desired
- 6 cups cubed turkey cooked leftover
- 1 cup frozen garden peas
- 1 cup frozen corn kernels
- 2 cups chicken broth if deeper flavor is desired
- Italian parsley Chopped, for garnish, optional
- salt
- pepper

Nutrition:

1. Calories: 970 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 315 milligrams
4. Fat: 38 grams
5. Fiber: 10 grams
6. Protein: 101 grams
7. SaturatedFat: 9 grams
8. Sodium: 930 milligrams
9. Sugar: 8 grams

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