

TURKEY BARLEY SOUP

This soup is so simple. Made with rich, flavorful broth made from what remains of your Thanksgiving turkey, it is the perfect remedy for the long cold evenings between the holidays. Cozy up next your Christmas tree with a bowl of this soup and a chunk of crusty french bread.

Ingredients.

2 tablespoons extra virgin olive oil
1 large yellow onion, chopped
2 carrots, peeled and sliced
4 cups shredded turkey meat
1 cup barley
8 cups turkey broth*
2 garlic cloves, minced
1 teaspoon garlic powder
1 teaspoon onion powder
1/2 teaspoon dried parsley
1 bay leaf
pinch nutmeg
kosher salt
freshly ground black pepper

Directions.

In a large pot, heat the olive oil over medium high heat. Sauté the onion until softened, about 7 minutes. Add the carrots and celery and sauté for another few minutes. Toss in the garlic, spices and bay leaf and stir together for a minute or two.

Add in the broth, turkey, and barley. Stir together to combine and simmer, uncovered, for 35-45 minutes, until the barley is cooked through but still has a little chew and the broth is slightly thickened and bubbling. Season to taste.

Serve and enjoy.

*I make my turkey broth by cutting and breaking up my turkey carcass into smaller parts, submerging those parts in cold water in large stock pots, adding a bay leaf or two, a couple sliced carrots, celery and onions, peppercorns and a bit of thyme and rosemary. I simmer them on very low heat, partially covered for a few hours until the broth is super flavorful and slightly thickened. I strain it, and allow it to cool. Strip all the meat from the bones and set it aside to use for the soup. Scrape the fat from the top of the cooled broth and discard it. You should have a wonderfully flavorful and gelatinous broth!

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