

# Turkey soup with veggies

Sipping into a rich turkey broth, filled with turkey meat and aromatic veggies – is a soul-satisfying experience which words can't describe. A bowl of turkey and veggie soup will help you shed off all the exhaustion after a busy day.

This turkey soup is a great way to use up any leftover animal carcass to brew the rich, flavorsome broth; your refrigerator will be cleaned up too! Pull off any meat that clings to the bones and wrap them up for later use while you use up the bones for the stock. As long as you are willing to go through this tedious job of deboning the meat and simmering the broth, you'll be rewarded with an amazingly economical and protein-dense soup that can dispel any exhaustion.

Apart from being enriched with protein, the soup receives a healthy dose of nutrients from the parsnips, carrot and leeks. While the leeks will entice your senses with its subtle aroma, the peppery flavor of parsnips adds a hint of robustness to the broth without overpowering its savoriness. You may also throw in fresh corn kernels, rice or barley to make it heartier.

Overall, it's so delicious that you would love to be stuck there for days!



## **Ingredients:**

### **For the broth:**

- Bones from one turkey
- 3 large carrots, cut into large dices
- 1 onion, quartered
- 2-3 celery stalks, chopped
- 15-20 parsley sprigs
- 10-12 black peppercorns

### **For the soup:**

- 4 lb. prepared turkey broth
- $\frac{1}{2}$  stick butter
- 2-4 lb. turkey meat, diced
- 1 lb. parsnips, peeled and chopped
- 2 leek stalks, rinsed and sliced
- 5 celery stalks with leaves, chopped
- $\frac{1}{8}$  cup onion, finely chopped
- 1 tbsp. minced garlic

- 2 tsp. fresh sage, finely chopped
- 2 tsp. dried thyme
- 4 tbsp. fresh parsley leaves, finely chopped
- Salt to taste

### **Instructions:**

- For the broth, place all its ingredients into a large pot and pour in enough water to cover them completely; break the bones which don't fit.
- Bring the broth to a boil and place a lid on top.
- Reduce to a simmer and simmer for 2 hours.
- Drain out the bones and veggies with a slotted spoon and tip the remaining broth into a cheesecloth-lined sieve to strain into a clean pot.
- Discard the bones and set the carrots aside using tongs.
- Place the pot of strained liquid on a stove and bring it back to a boil.
- Reduce to a gentle simmer and cook for 3 more hours until it thickens and its flavors develop further.
- Remove from heat and allow it to cool completely.
- Set 4 lb of it aside and freeze the rest for future use.
- For the soup, add the butter into the pot and melt over medium heat.
- Throw in the chopped celery, onion, leeks and herbs along with a dash of salt.
- Sauté over slightly low heat for 8-10 minutes, stirring often, until the leeks and onion turn translucent.
- Pour in the stock and bring the mixture to a boil.
- Plop in the meat chunks, cooked carrots, chopped celery as well as parsnips and bring it back to a boil.
- Reduce to a simmer over low heat and cook, covered, for a couple of hours.
- Ladle into soup bowls and serve hot with chunks of crusty bread.

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