

Roast Turkey Vegetable Soup Recipe



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Ingredients

- 1 organic turkey carcass (with most meat removed)
- 2 yellow onions (cut into 8 pieces each)
- 2 large carrots (cut into 1-inch lengths)
- 2 stalks celery (cut into 1-inch lengths)
- 1 bay leaf
- 3 sprigs fresh thyme
- 12 fresh parsley stems
- 1 tsp whole black peppercorns
- 1 large carrot (cut in half lengthwise, then crosswise into 1/4-inch slices)
- 2 stalks celery (sliced 1/4 inch thick)
- 1 small fennel bulb (cored, cut in half, and sliced 1/4 inch thick)
- 1 leek (cut in half lengthwise, then crosswise into 1/4-inch slices)
- 1 cup green beans (cut into 1-inch lengths)
- 2 small zucchini (cut in half lengthwise, then crosswise into 1/4-inch slices)
- 3 cups cubed cooked turkey meat (optional)
- Salt (to taste)
- Freshly ground pepper (to taste)

Method

1. Preheat the oven to 400°F. Place the turkey carcass and bones in a roasting pan and place in the oven. Roast for 45 minutes, then add the onions, carrots, and celery to the pan. Cook until the vegetables and bones begin to brown, 30 to 45 minutes.
2. Transfer the contents of the roasting pan to a large stock pot. Add cold water to completely cover the bones and bring to a simmer over high heat.
3. Add the bay leaf, thyme sprigs, parsley, and peppercorns; reduce the heat to a setting that will maintain a slow simmer.
4. Cook the stock for 4 hours, adding more water if the level drops below the bones and vegetables.
5. Let cool for 30 minutes, then strain the stock through a colander or sieve, pressing on the solids to extract all the liquid. Discard the contents of the colander. At this point, you can continue with the soup recipe, or cool the stock and refrigerate it, covered, for up to 5 days, or freeze it.
6. Return the stock to a large Dutch oven or 4-quart pot. Add the carrots and cook the soup over medium heat for 10 minutes.
7. Add the celery, fennel, and leeks, and cook for 5 minutes. Add the green beans and raise the heat to medium-high. Cook for 5 minutes, then add the cubed turkey and the zucchini. Continue cooking until the zucchini are tender, about 5 minutes.
8. Season to taste with salt and pepper, and serve hot.

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