

Chicken or Turkey Broth/Stock

Less than half the cost of commercial brands that contain twice as much sodium or more. A perfect recipe for the Crock-Pot®. I make turkey broth from my carved Thanksgiving bird.

AMOUNT: 3½ Quarts **About 16 Calories/1 Cup¹**
Crock-Pot®: Low, 12-24 hours or Range top, 6 hours

1. Snap or crush the meat bones to release juices and beneficial gelatinous matter and minerals (especially calcium, potassium and magnesium);² place in Crock-Pot® or soup pot; let stand 30 - 60 min:
4-5 lbs. chicken or turkey (wings, backs, and/or bones, or whole)
small onion, chopped
handful celery leaves, chopped
couple of carrots, chopped
few sprigs of fresh parsley
½ teaspoon marjoram leaves (*Herbs, p. 13*)
¼ teaspoon sweet basil leaves
1 bay leaf
4 quarts filtered water (or amount pot will hold) (*p. 15*)
3 tablespoons apple cider vinegar or slice of lemon
(helps to release nutrients from the bones)
1½ - 2 teaspoons salt, optional (*p. 12*)
2. Turn Crock-Pot® to low, cover and cook for 12 - 24 hours; or bring slowly to a boil on range top, cover, lower heat and simmer 6 hours³ adding more water as needed to keep meat or bones covered.
3. Pour broth through a colander into a large bowl or pot, allowing meat, bones and vegetables to collect in colander.
4. Let cool enough to handle for 30 minutes or less; remove vegetables, skin, bone. Separate out bits of meat to use, as desired.
5. Refrigerate broth (or stock³) to allow fat to rise to the top; skim off fat. Divide into freezer containers in desired portions, allowing at least ½" space at the top. If desired, when frozen, run hot water over containers; snap out block of broth; wrap securely in plastic wrap (*p. 17*), then in foil labeled with date and amount. Place blocks in freezer Ziploc bag for added protection.

¹Calories above and nutrient data, p. 60, is from a commercial chicken broth source, since it is not possible to accurately calculate data for this recipe. ²See *Nourishing Traditions*, pp. 116-118 for all about nutrient value of stocks. ³To conserve freezer space, highly concentrated stock can be prepared. Simmer broth a full 12-24 hours in soup pot, partially covered with lid (or longer on low in Crock-Pot®) until ½ - ⅓ the volume. To use, dilute to desired strength with water.



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Turkey Barley Soup

Our "after the turkey" soup utilizing the turkey bones and their clinging bits of meat. After turkey is carved, I immediately put the carcass and bones in the Crock-Pot®, turning it on low to start the cooking. The next day I freeze the broth to use at a later time.



AMOUNT: 16 Cups (Serves 8 - 11) 124 Calories/1½ Cups¹

1. Prepare **Turkey Broth** (p. 36) using leftover turkey bones; strain, saving the bits of meat. Refrigerate to allow fat to rise to the top; skim it off before using or freezing the broth.
2. Bring to boil in soup pot, reduce heat and boil very gently for about 1 hour; or place in Crock-Pot® on low and cook overnight (or cook on high for half as much time):
 - 2½ quarts turkey broth** (+ water as needed for this amount)
 - 8 oz. can (1 cup) tomato sauce**
 - ½ cup barley, uncooked** (*Grains & flour, p. 11*)
(for improved nutritional value, soak 12 - 24 hours ahead)
3. (Optional for added flavor) Meanwhile sauté vegetables in butter:
 - 2 tablespoons melted butter** (p. 10)
 - 1 medium onion, chopped**
 - ⅛ teaspoon salt** (p. 12)
 - 1 large or 2 medium carrots, sliced or diced**
 - 1 large or 2 medium ribs celery, chopped**
4. Add vegetables to soup; continue to cook until vegetables are just tender, about 30 minutes (or longer as needed in Crock-Pot®).
5. During last 10 minutes of cooking add:
 - 1 cup frozen green peas** (*Vegetables, p. 15*)
 - 2 medium tomatoes, chopped into small pieces**
 - 2 teaspoons salt, to taste** (p. 12)
 - 2 cups bits of leftover turkey meat** (*or whatever is on hand*)
6. To serve, garnish with:
 - minced parsley** (p. 15)

¹Without butter in step 3. 143 calories per 1½ cups with butter in step 3.



1½ C. Turkey Barley Soup
Orange-Pineapple Salad
with Sweet Lite Dressing
(p.121)
Raisin Rye Muffin (p.95)
with 1½ tsps. butter
(p.122)

523 Calories
Protein: 20 g. (14%)
Fat: 18 g. (29%)
Carb: 80 g. (57%)
Dietary Fiber: 12 g.

See more menu details, p.19.

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