

Turkey And/Or Bean, Barley, Vegetable Soup

It's soup season! This is a simple soup where you put everything in a pot and walk away. Barley, beans, and plenty of veggies make this hearty and heart healthy; turkey lends itself well or leave it out to be totally plant-based. This makes a big batch—feed a crowd, or put some in the freezer to enjoy later.

Source: Heather Wolfe, MPH, RDN, LD, CHC

Makes: 16 cups Serving Size: 1 cup

Nutrition (per serving using beans): Calories 100, Total Fat 0.5g, Saturated Fat 0g, Carbohydrate 21g, Fiber 6g, Protein 4.5g, Sodium 105mg

Heather's Healthy Hints Be sure to chop your vegetables so they are all similar sizes which will help them to cook evenly.

Ingredients

- 2 (15 ounces) cans pinto or cannellini beans or 1 can of each
- and/or
- 4 cups leftover turkey meat cut into bite-size pieces
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped carrot
- 2 cups chopped green beans
- 1 cup pearled barley
- 2 cloves garlic, minced
- 8 cups broth or water or a combination
- 1 (14-ounce can) diced tomatoes
- 1 teaspoon dried oregano
- $\frac{1}{2}$ teaspoon dried thyme
- $\frac{1}{2}$ teaspoon dried basil
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 1 bay leaf

Directions

1. Add everything into a large soup pot or Dutch oven. Go all beans or all turkey or put in a bit of both.
2. Bring to a boil, cover, reduce heat to a simmer, and cook on low for 25–30 minutes.
3. Remove bay leaf prior to serving. Add more salt and pepper if desired, to taste.