

# Turkey Barley Soup

I've made this soup the past 3 Christmases, using a stock made from the bones from the turkey. I believe that this year I perfected it! A comforting and hearty soup for a cold winter day.

Recipe by Dylan Marshall | Created on **Nov 18, 2021**

## Ingredients

- 2 tablespoons vegetable oil
- 3 pounds turkey bones
- 1 onion, quartered
- 1 stalk celery, coarsely chopped
- 1 carrot, coarsely chopped
- 16 cups water
- 2 sprigs fresh thyme
- 2 ½ cups water
- 1 cup barley
- 2 tablespoons olive oil
- 1 onion, diced
- 2 carrots, sliced
- 2 stalks celery, sliced
- 2 cloves garlic, minced
- 2 cups chopped cooked turkey
- ¼ cup chopped fresh parsley
- 2 sprigs fresh thyme, leaves stripped
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ? teaspoon cayenne pepper
- ½ lemon, juiced

## Directions

- Heat vegetable oil in a large stockpot over medium-high heat. Add turkey bones to hot oil; cook, turning occasionally, until browned, about 10 minutes. Transfer bones to a bowl.
- Cook and stir quartered onion, coarsely chopped celery, and coarsely chopped carrot in the hot oil in the same stockpot until fragrant, about 2 minutes. Return turkey bones to stockpot and add 16 cups water and thyme sprigs. Bring to a boil, skim off foam, reduce heat to medium-low, and simmer until liquid reduces to 10 cups, about 2 hours. Strain stock into a large bowl and let stand for 15 minutes. Spoon fat off top of

stock.

- Bring 2 1/2 cup water and barley to a boil in a saucepan. Cover saucepan, reduce heat to low, and simmer until the barley is tender, 30 to 40 minutes.
- Heat olive oil in a large stockpot over medium-high heat; cook and stir diced onion, sliced carrots, sliced celery, and garlic until slightly softened, about 5 minutes. Add turkey stock to onion mixture and bring to a boil.
- Mix turkey meat, barley, parsley, thyme leaves, salt, black pepper, and cayenne pepper into soup; reduce heat to medium-low and simmer for 20 minutes. Stir lemon juice into soup.

## Nutrition Facts

Serving: **10 servings** | Calories: **262.1 kcal** | Carbohydrates: **21 g** | Protein: **13.7 g** | Saturated fat: **3 g** | Cholesterol: **38.1 mg** | Sodium: **126.4 mg** | Fiber: **5.1 g** | Sugar: **3.3 g**

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