**Homemade Turkey Soup**

Ingredients:

|  |  |
| --- | --- |
| 6 lb | turkey breast. It should have some meat (at least  2 cups) remaining on it to make a good, rich soup |
| 2 | medium onions |
| 3 | stalks of celery |
| 1 tsp | dried thyme |
| 1/2 tsp | dried rosemary |
| 1/2 tsp | dried sage |
| 1 tsp | dried basil |
| 1/2 tsp | dried marjoram |
| 1/2 tsp | dried tarragon |
| 1/2 tsp | salt |
| to taste | black pepper |
| 1/2 lb | Italian pastina or pasta |

|  |  |
| --- | --- |
| Each serving provides: | |
| Calories: | 226 |
| Total fat: | 5 g |
| Saturated fat: | 1 g |
| Cholesterol: | 93 mg |
| Sodium: | 217 mg |

Directions:

1. Place turkey breast in a large 6-quart pot. Cover with water, at least 3/4 full.
2. Peel onions, cut in large pieces, and add to pot. Wash celery stalks, slice, and add to pot also.
3. Simmer covered for about 2-1/2 hours.
4. Remove bones from pot. Divide soup into smaller, shallower containers for quick cooling in the refrigerator.
5. After cooling, skim off fat.
6. While soup is cooling, remove remaining meat from turkey bones. Cut into pieces.
7. Add turkey meat to skimmed soup along with herbs and spices.
8. Bring to a boil and add pastina. Continue cooking on low boil for about 20 minutes until pastina is done. Serve at once or refrigerate for later reheating.

Yield: About 4 quarts of soup (16 servings) ­­– Serving Size: 1 cup