



Ground Turkey and Barley Soup

This hearty chowder makes for a great fall meal. So, head outside and get active throwing the football, raking some leaves or chasing the kids or grandkids around before coming inside to enjoy this soup with some crusty bread.

Ingredients

2 cups onion, chopped	6 cups low-sodium beef broth
1 pound lean ground turkey	1 cup UNcooked barley
1 ½ cups carrot, peeled and chopped	4 garlic cloves, minced
1 cup celery, chopped	2 cups water
½ cup no salt added tomato puree	½ tsp salt
2 bay leaves	¼ tsp black pepper

Directions

- Coat a large pot with cooking spray and heat over medium heat
- Add chopped onion and ground turkey, cooking for about 10 minutes, or until cooked through and brown
- Add carrots and celery, cook for 5 more minutes, stirring occasionally
- Stir in garlic, cook for 1 minute
- Stir in barley, tomato puree, bay leaves, salt, pepper, water, beef broth and bring to a boil
- Cover, reduce heat and simmer for 45 minutes, or until barely is done and the vegetables are tender
- Remove bay leaves, and serve
- Makes six (2 cup) servings

The Data (per serving)

Calories: 300 cal	Carbs: 38 gm	Total Fat: 6 gm
Protein: 23 gm	Fiber: 8 gm	Sat. Fat: 1.5 gm