



Turkey Vegetable Soup

Serves 10-15

Ingredients

- Carcass and bones remaining from 14-16 pound turkey
- 2 cups leftover turkey meat if you have it (I usually do not)
- 1 large yellow onion, peeled but left whole
- 1 cup of pearl barley, rinsed
- 1 cup dried brown lentils
- 1 cup dried split lentils or split peas (yellow or green or red or a mix)
- 1 ½ cups dried large lima beans (these are my favorite)
- ½ cup fresh green beans, trim and cut into 1" pieces
- 6 medium carrots, peeled and sliced into ½ inch pieces
- 3 stalks celery, diced into ½ inch pieces
- Salt and pepper to taste - about 20 grinds of black pepper and 2 tsp of kosher salt

Instructions

Ideally, ask whoever is carving the turkey to leave some meat on the bones. With your hands, try to break the carcass into a few pieces so it fits in the pot. If you have extra turkey meat, add this at the end.

Place the carcass into a large pressure cooker and add the remaining ingredients except the fresh vegetables, and cover with water by two inches. Bring to high pressure and cook for 25 minutes.

Let the pressure come down on its own.

Open the lid and remove the onion. Remove any bones from the pot. Add fresh vegetables and any turkey meat you happen to have left, and continue to cook for a few minutes until the vegetables are a bit tender. Taste and season with salt and pepper.

The soup thickens a great deal after it stands and cools and is really better the next day, although we never wait. This makes enough for 14 of us with a bit left over!!

If you ever end up with a turkey carcass, wrap and freeze well to make this soup when the urge strikes!

