

Turkey and Barley Soup



Ingredients:

- 1 Tbsp olive oil
- 2 medium carrots diced (about 1 ½ cups)
- 8 oz sliced mushrooms
- 4 cups fat free low sodium chicken broth
- 2 cups (about 10 oz) cooked turkey breast (shredded or diced)
- ½ tsp ground black pepper
- 1 medium onion (peeled and diced)
- 2 stalks celery (diced)
- ½ cup quick cooking barley
- 2 cups water
- ½ tsp salt

Directions:

1. Add the olive oil to a soup pot over medium-high heat.
2. Add the onion, carrots, celery, and mushrooms to the pot. Sauté for 8 to 10 minutes, or until the onions start to turn clear.
3. Add the barley, broth, and water. Bring to a boil, then reduce the heat and simmer for 15 minutes.
4. Add the turkey. Season with the salt and pepper. Cook until the turkey is heated, then serve.

Nutritional Information:

Calories	220
Total Fat.....	4.5 g
Saturated Fat	0.8 g
Cholesterol	45 mg
Total Carbohydrate....	21 g
Dietary Fiber	4 g
Protein	25 g
Sodium	440 mg

Serving Size 2 cups

Recipes Yields.....5 servings

Prep time: 15 minutes

Cook time: 25 minutes

Adjusted from:

<https://www.diabetesfoodhub.org/recipes/diabetes-turkey-barley-soup.html>

hoag.org/healthyrecipes