Turkey, Barley & Squash Soup

10 ingredients · 50 minutes · 5 servings



Directions

1. Place the turkey breast and the broth in a large pot and bring to a boil. Reduce the heat and simmer, covered, for 30 minutes or until the turkey is cooked through.
2. Meanwhile, cook the barley according to the package directions.
3. Remove the turkey and set aside. Add the carrots, leeks, celery, garlic, squash, and Brussels sprouts to the same liquid. Cook, covered, for 12 to 15 minutes or until tender.
4. While the vegetables cook, shred the cooked turkey breast in pieces using two forks.
5. Once the vegetables are cooked, return the turkey to the pot and continue cooking for two minutes or until heated through.
6. Cover the bottom of each bowl with barley and pour the soup over top. Top with pesto, if desired, and enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size
One serving is approximately 1/3 cup of barley and two cups of soup.

Make it Vegan
Use vegetable broth and tofu, edamame, chickpeas, or lentils instead of turkey breast.

Gluten-Free
Use quinoa, gluten-free pasta, or rice instead of barley.

Ingredients

12 ozs Turkey Breast

12 cups Chicken Broth, Low Sodium

2/3 cup Pearl Barley (uncooked)

2 Carrot (medium, diced)

1 Leeks (large, sliced)

2 stalks Celery (diced)

3 Garlic (clove)

2 cups Butternut Squash (peeled, seeds removed, cubed)

2 cups Brussels Sprouts (thinly sliced)

3 tbsps Pesto (optional)

Nutrition

Amount per serving

Calories	369	Vitamin D	5IU
Fat	9g	Vitamin E	2mg
Saturated	2g	Vitamin K	94µg
Carbs	44g	Thiamine	0.2mg
Fiber	8g	Riboflavin	0.5mg
Sugar	6g	Niacin	17mg
Protein	33g	Vitamin B6	1.0mg
Cholesterol	36mg	Folate	71µg
Sodium	327mg	Vitamin B12	1.5µg
Potassium	1298mg	Phosphorous	448mg

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Vitamin A	10826IU	Magnesium	87mg
Vitamin C	46mg	Zinc	2mg
Calcium	136mg	Selenium	26µg
Iron	4mg		