



### **Mom's Turkey Soup, a Broth**

All amounts are flexible depending on the size of your turkey and family. While preparing, taste as you go.

- Leftover turkey bones, skin, fat, everything!
- Onions sautéed in olive oil, 1 large or 2 small
- Chopped Celery (No other veggies –that would be a different version.)
- Exception: chopped kale if you like it.
- 1-2 T **Better than Bouillion Roasted Turkey Base** and water
- Add tomato paste – start with ¼ of the small can or 3 T
- Poultry seasoning to taste – at least 2 T
- My newest addition: **BTB Smokey Chipotle Base**. Start with ½ t. It's a wonderful flavor, not too spicy but you may want to accommodate varying tolerances for spiciness.
- Salt and pepper best left to individuals
- Rice, brown or white and wild

Bring broth and bones to a boil, simmer until meat falls off the bones. Strain, separate edible turkey & save. Toss the inedibles (bad for dogs). Cool the broth, then remove turkey fat that rises to the top.

Sauté chopped onions in olive oil; chop lots of celery. I like small pieces. You choose small or large. If you like, chop dinosaur kale leaves into nickel size pieces (big pieces drip off your spoon and spill on your clothes).

Add everything to pot, liquid, onions, celery. Add turkey meat last. Add poultry seasoning. Add BTB Turkey Base. Taste. Add little to no salt because the BTB turkey base has enough.

When it's done, add ½ t of the smokey chipotle base. Stir, wait a bit. Taste the broth. Add none or more in increments of ½ t. to taste.

Prepare brown or white rice to taste. I like brown with wild rice, ratio of ¾ C brown to ¼ C wild. Begin with wild, simmer for 15 mi, then add brown and more hot water, 2::1 water to rice. Ladle soup over rice.

Offer your favorite warm, crusty bread -sourdough, Portuguese or ciabatta.

Bon Appetite! *Parmalee*