

SAMSSites Recipes

Turkey (Noodle) Soup

My own

My soup has evolved to what I now do. I often freeze the wings off a turkey until I am ready to make soup. Then I make my broth.

- My turkey broth 1 1/2 quarts
- 1/2 teaspoon of crushed red pepper
- 1 onion chopped
- 4 carrots sliced
- 2 celery stocks
- 1/2 cup of chopped cabbage
- 1/2 cup of frozen peas
- chopped turkey
- egg noodles or gluten-free noodles or both

Add crushed red pepper, onion, carrots and celery to broth and cook on low for about an hour to an hour and then add cabbage and cook another 1/2 hour. Then add frozen peas and turkey. Cook noodles on the side in water. Put noodles in the bottom of a bowl and put soup on top. This way those who do not eat gluten can either eat without noodles or use gluten-free noodles.

