Turkey and Barley Soup

Turkey Stock

carcass from 12-14 pound turkey

10 cups water

Soup

​2 Tablespoons turkey fat

1 onion, chopped

1/2 teaspoon dried thyme

pinch of red pepper

2 cloves garlic, minced

8 cups turkey stock

1 bay leaf

2 celery rib, cut into 1/4" pieces

2 carrots, peeled and cut into 1/4 inch pieces

2 cups shredded turkey

1 Tablespoon lemon juice

​salt and pepper

Heat fat in dutch oven.

Add onion, thyme and pepper and cook until onion is soft.

Add garlic and cook 1 minute longer.

Add stock, barley and bay leaf.

Increase heat to high and bring to a boil.

Reduce heat and simmer 15 minutes.

Add celery and carrots and simmer 15 minutes.

Add turkey and cook until barley and vegetables are tender. (10 minutes)

Remove from heat and stir in lemon juice.

Season with salt and pepper.