

Hearty Turkey Soup

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 4

1 cup cooked turkey, diced
3 cups turkey broth
1/4 cup butter or margarine
2 tablespoons onion, chopped
1 teaspoon curry powder
1 cup potatoes, diced
1/2 cup carrots, diced
1/2 cup celery, sliced diagonally
salt (to taste)
pepper (to taste)
1/2 package frozen French green beans
1 teaspoon minced fresh oregano OR
1/2 teaspoon dried
1 tablespoon parsley, minced
1 can (14-1/2 ounce) evaporated milk
2 tablespoons flour

In a good-sized casserole on top of the stove, melt the butter and cook the onion until it is just transparent. Stir in the curry powder and cook a minute or two longer.

Stir in the potatoes, carrots, celery, broth and seasoning to taste. Bring to a boil. Transfer to a slow oven, 300 degrees. Bake for 10 to 15 minutes (Or cook on the top of the stove with low heat).

Stir in the green beans, turkey, oregano and parsley. Continue baking about 15 minutes or until the vegetables are barely tender but still a little crisp.

In a bowl, combine the milk and flour. Stir in gently until well blended. The soup should be slightly thickened. Check the seasoning.

Per Serving (excluding unknown items): 303 Calories; 18g Fat (53.7% calories from fat); 16g Protein; 19g Carbohydrate; 2g Dietary Fiber; 76mg Cholesterol; 230mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 3 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	303	Vitamin B6 (mg):	.3mg
% Calories from Fat:	53.7%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	25.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	21.3%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	18g	Folacin (mcg):	23mcg

Saturated Fat (g): 11g
Monounsaturated Fat (g): 5g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 76mg
Carbohydrate (g): 19g
Dietary Fiber (g): 2g
Protein (g): 16g
Sodium (mg): 230mg
Potassium (mg): 624mg
Calcium (mg): 195mg
Iron (mg): 2mg
Zinc (mg): 2mg
Vitamin C (mg): 13mg
Vitamin A (i.u.): 5278IU
Vitamin A (r.e.): 612 1/2RE

Niacin (mg): 3mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 1 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 1/2
Fat: 3
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 303 **Calories from Fat:** 163

% Daily Values*

Total Fat 18g	28%
Saturated Fat 11g	53%
Cholesterol 76mg	25%
Sodium 230mg	10%
Total Carbohydrates 19g	6%
Dietary Fiber 2g	7%
Protein 16g	
Vitamin A	106%
Vitamin C	21%
Calcium	19%
Iron	9%

* Percent Daily Values are based on a 2000 calorie diet.