

## **Really Good Turkey Stock**

Aimee Blume - Scripps Howard News Service  
St Lucie News Tribune

**1 turkey carcass, broken into pieces**  
**2 carrots, washed but not peeled**  
**1 yellow onion, quartered but not peeled**  
**2 ribs celery, coarsely chopped**  
**ground black pepper**

Preheat oven to 400 degrees.

Place all the ingredients on a large cookie sheet. Break the carrots into a few pieces. Roast for approximately one hour or until everything is very brown.

Scrape everything into a large pot. Run water over the cookie sheet to lift up any brown goodness on the bottom. Add to the pot. Run in cold water just enough to cover the ingredients. Add pepper and cover the pot. Bring to a boil.

Lower the heat to a simmer and cook for 2 hours.

Strain the contents of the pot and discard the vegetables. Remnants make a great turkey stock.

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Per Serving (excluding unknown items): 117 Calories; 1g Fat (3.8% calories from fat); 3g Protein; 27g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 123mg Sodium. Exchanges: 5 Vegetable.