

Turkey and Bean Soup

Jean F Rothrock

The Pennsylvania State Grange Cookbook (1992)

Servings: 6

*1 pound dried beans
2 turkey drumsticks
1 gallon water
1 1/2 teaspoons thyme
salt (to taste)
pepper (to taste)
3/4 cup onion, chopped
3/4 cup carrot, chopped
1 sprig fresh rosemary
3/4 cup celery, chopped
1 cup potato, peeled and
chopped*

Soak the beans overnight in water to cover.

Rinse the turkey well.

In a large saucepan, combine the turkey, water, thyme, salt and pepper. Simmer for several hours or until very tender. Remove the turkey and reserve the broth.

Cut the turkey into bite-size pieces, discarding the bones. Set aside.

Drain the beans. Add the beans to the broth with the onion, carrot and rosemary. Simmer for one to one and one-half hours or until the beans are tender. Add the celery and potato. Cook until the vegetables are tender.

Stir in the turkey. Cook until heated through.

Per Serving (excluding unknown items): 292 Calories; 1g Fat (3.3% calories from fat); 18g Protein; 55g Carbohydrate; 20g Dietary Fiber; 0mg Cholesterol; 51mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fat.