

Turkey Goulash Soup

Fresh Ways with Soups & Stews
Time-Life Books

Servings: 6

2 teaspoons safflower oil
3 (about one pound) onions, thinly sliced
2 green peppers, seeded, deribbed and cut into 3/4-inch squares
2 tablespoons paprika, preferably Hungarian
1/4 teaspoon ground cumin
freshly ground black pepper
8 cups unsalted chicken stock
2 tablespoons cornstarch
4 ounces wide egg noodles
1 pound turkey cutlets, sliced across the grain into two-inch-long strips
3/8 teaspoon salt

Preparation Time: 30 minutes

Heat the safflower oil in a large, heavy-bottomed pot over medium heat. Add the sliced onions and cook them until they are browned - about 15 minutes. Stir in the green peppers, paprika, cumin, some black pepper and all except 1/4 cup of the stock. Combine the cornstarch and the reserved stock and add this mixture to the pot. Simmer the stock, partially covered, for 20 minutes.

While the stock is simmering, add the noodles to eight cups of boiling water with 1/2 teaspoon of salt. Start testing the noodles after 5 minutes and cook them until they are al dente. Drain the noodles, rinse them under cold running water and set them aside.

Add the turkey strips to the simmering stock and poach them until they are opaque - 3 to 4 minutes. Stir in the noodles and the 3/8 teaspoon of salt. Cook the soup for 2 minutes more. Serve at once.

Start to Finish Time: 45 minutes

Per Serving (excluding unknown items): 62 Calories; 2g Fat (26.5% calories from fat); 1g Protein; 11g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 135mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	62	Vitamin B6 (mg):	.2mg ₁
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% Calories from Fat:	26.5%
% Calories from Carbohydrates:	65.5%
% Calories from Protein:	8.0%
Total Fat (g):	2g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	11g
Dietary Fiber (g):	2g
Protein (g):	1g
Sodium (mg):	135mg
Potassium (mg):	212mg
Calcium (mg):	20mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	41mg
Vitamin A (i.u.):	1646IU
Vitamin A (r.e.):	164RE

Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	22mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	62	Calories from Fat: 16
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% Daily Values*

Total Fat	2g	3%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	135mg	6%
Total Carbohydrates	11g	4%
Dietary Fiber	2g	9%
Protein	1g	
Vitamin A		33%
Vitamin C		68%
Calcium		2%
Iron		5%

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