

Turkey-Escarole Soup with Farfalline

Weekend Cooking

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Servings: 6

Yield: 4 quarts

FOR THE BROTH

1 turkey carcass (from a roasted bird)
2 onions, cut into chunks
2 carrots, cut into chunks
3 stalks celery, cut into chunks
1 bunch fresh parsley
4 cloves garlic (unpeeled), smashed
1 teaspoon black peppercorns
2 bay leaves

FOR THE SOUP

2 tablespoons extra-virgin olive oil
2 leeks (white and light green parts only), thinly sliced
3 stalks celery, chopped
3 carrots, chopped
2 parsnips, chopped
4 quarts turkey broth
Kosher salt
1 small head escarole, chopped
2 wide strips lemon zest, removed with a vegetable peeler
3 cups chopped leftover roast turkey (skin removed)
1 cup farfalline or other small pasta
juice of one-half lemon
1/4 cup fresh dill and/or fresh parsley, chopped

Preparation Time: 20 minutes

MAKE THE BROTH:

Insert kitchen shears into the carcass and make a few cuts to get you started. Then use your hands to carefully pull the carcass into four or five pieces.

Combine the carcass, onions, carrots, celery, parsley, garlic, peppercorns and bay leaves in a stockpot. Cover with cold water (about seven quarts).

Bring to a boil, then reduce the heat to medium low. Simmer about two hours, occasionally skimming any foam or fat from the surface with a large spoon or ladle.

Pour through a large mesh strainer into a pot. Discard the solids. Cool slightly. Set aside.

MAKE THE SOUP:

Heat the olive oil in a Dutch oven or large pot over medium heat. Add the leeks, celery, carrots and parsnips. Cook, stirring occasionally, for 10 minutes. Add the broth and bring to a simmer. Season with salt and simmer until the vegetables are tender, about 20 minutes.

Add the escarole and lemon zest to the pot and simmer until the escarole is tender, about 10 more minutes.

Add the turkey and pasta and cook until the pasta is partially cooked, about 4 minutes. (The pasta will continue cooking in the hot soup.) Remove from the heat and stir in the lemon juice. Discard the lemon zest and top with the herbs.

Start to Finish Time: 55 minutes

Per Serving (excluding unknown items): 152 Calories; 5g Fat (28.2% calories from fat); 3g Protein; 26g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 72mg Sodium. Exchanges: 1 Grain(Starch); 2 Vegetable; 0 Fruit; 1 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	152
% Calories from Fat:	28.2%
% Calories from Carbohydrates:	64.8%
% Calories from Protein:	7.0%
Total Fat (g):	5g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	26g
Dietary Fiber (g):	8g
Protein (g):	3g
Sodium (mg):	72mg
Potassium (mg):	747mg
Calcium (mg):	92mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	40mg
Vitamin A (i.u.):	17628IU
Vitamin A (r.e.):	1762RE

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	105mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	152	Calories from Fat: 43
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% Daily Values*

Total Fat	5g	8%
Saturated Fat	1g	4%
Cholesterol	0mg	0%
Sodium	72mg	3%
Total Carbohydrates	26g	9%
Dietary Fiber	8g	31%
Protein	3g	
Vitamin A		353%
Vitamin C		67%
Calcium		9%
Iron		11%

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