

# Turkey, Barley & Squash Soup

10 ingredients · 50 minutes · 5 servings



## Directions

1. Place the turkey breast and the broth in a large pot and bring to a boil. Reduce the heat and simmer, covered, for 30 minutes or until the turkey is cooked through.
2. Meanwhile, cook the barley according to the package directions.
3. Remove the turkey and set aside. Add the carrots, leeks, celery, garlic, squash, and Brussels sprouts to the same liquid. Cook, covered, for 12 to 15 minutes or until tender.
4. While the vegetables cook, shred the cooked turkey breast in pieces using two forks.
5. Once the vegetables are cooked, return the turkey to the pot and continue cooking for two minutes or until heated through.
6. Cover the bottom of each bowl with barley and pour the soup over top. Top with pesto, if desired, and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

### Serving Size

One serving is approximately 1/3 cup of barley and two cups of soup.

### Make it Vegan

Use vegetable broth and tofu, edamame, chickpeas, or lentils instead of turkey breast.

### Gluten-Free

Use quinoa, gluten-free pasta, or rice instead of barley.

## Ingredients

- 340 grams** Turkey Breast
- 12 cups** Chicken Broth, Low Sodium
- 2/3 cup** Pearl Barley (uncooked)
- 2** Carrot (medium, diced)
- 1** Leeks (large, sliced)
- 2 stalks** Celery (diced)
- 3** Garlic (clove)
- 2 cups** Butternut Squash (peeled, seeds removed, cubed)
- 2 cups** Brussels Sprouts (thinly sliced)
- 3 tbsps** Pesto (optional)

## Nutrition

Amount per serving

<b>Calories</b>	369	<b>Calcium</b>	136mg
<b>Fat</b>	9g	<b>Iron</b>	4mg
Saturated	2g	<b>Vitamin D</b>	5IU
Trans	0g	<b>Vitamin E</b>	2mg
Polyunsaturated	2g	<b>Vitamin K</b>	94µg
Monounsaturated	4g	<b>Thiamine</b>	0.2mg
<b>Carbs</b>	44g	<b>Riboflavin</b>	0.5mg
Fiber	8g	<b>Niacin</b>	17mg
Sugar	6g	<b>Vitamin B6</b>	1.0mg
<b>Protein</b>	33g	<b>Folate</b>	71µg

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Cholesterol	36mg	Vitamin B12	1.5µg
Sodium	327mg	Phosphorous	448mg
Potassium	1298mg	Magnesium	87mg
Vitamin A	10826IU	Zinc	2mg
Vitamin C	46mg	Selenium	26µg