

Turkey Broth

Waste not, want not -- broth from your turkey carcass

Food waste peaks at Thanksgiving. We will throw out 200 million pounds of turkey, alone, over the weekend. Not to mention the sides and desserts.

It's easy to make turkey broth with your carcass, which sets you up to make turkey soup with turkey remnants, if any. Or you can freeze the broth for using as liquid in your slow cooker or instant cooker.

Cooking Instructions:

Strip all the meat from your turkey and refrigerate. Fill a pot large enough to hold the carcass about $\frac{1}{3}$ full with water. Add the carcass and then cover with water. Bring to a boil, reduce heat to low and simmer, uncovered, several hours or overnight. Strain and discard the solids.

You can use the broth that remains for turkey soup, which will also use the small scraps of leftover turkey that might not have found a home.

To make a hearty turkey soup, dice 2 carrots, 2 celery ribs and an onion and put in the bottom of a large pot with 3 tablespoons oil. Cook over medium-high heat for 15 minutes, stirring a few times. Add 1 teaspoon of thyme and black pepper and 2 teaspoons salt. Add 8 to 10 cups broth, 1 cup brown rice and up to 4 cups chopped turkey. Bring to boil, reduce heat to low and simmer 40 minutes or until rice is cooked through. Add more broth or water if desired. Taste for salt. If the soup tastes bland, add a little more salt.



I have also added white beans to this soup -- letting them cook for an hour or so before adding the turkey. You can add slivered cabbage with the other vegetables.

--Sarah Fritschner, Kentucky Food Writer