**Ground Turkey, Barley, and Vegetable Soup (mod RG)**

*Recipe Rating: 10.*

***Makes 18 cups (4 1/2 quarts) soup; 9–12 servings.*** This is a delicious, full-bodied soup with a subtle curry flavor. It can be prepared on the stovetop, in a pressure cooker, or in a slow cooker, and leftovers freeze well.

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| 1. **PLACE A 6–8 QUART HEAVY-BOTTOM STEW POT** over **medium-high heat**.  Spray pan with oil and add the turkey. Cook, stirring often and breaking turkey into small chunks, until the pink color is gone. | ***Oil spray***  ***2 pounds ground turkey (lighter flavor with turkey breast)*** |

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| 2. **ADD THE CHOPPED ONION.** Cook for about **3 minutes** until onion becomes transparent.  **LOWER THE HEAT** to **medium low** and addthe garlic. Cook for **30 seconds**.  **ADD THE CURRY AND ITALIAN SEASONING** or oregano and basil mixture, and optional pepper flakes.  **COOK** for an additional **30 seconds**. Keep stirring and watch carefully so the spices don’t burn. | ***2 cups (13.0 oz, 370g) finely chopped onion***  ***4 cloves garlic, minced (2 teaspoons)***  ***1 tablespoon curry powder***  ***2 teaspoons Italian seasoning, OR 2 teaspoons oregano plus 1 teaspoon basil***  ***1/4 + 1/8 teaspoon crushed red pepper flakes (optional)*** |

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| 3. **ADD THE CHICKEN BROTH,** water, and pearl barley, salt and sugar.  **COOK, COVERED,** for about **35 minutes**, stirring occasionally, until the barley is just about done. It will have a little bite to it when it is almost done—something like pasta *al dente*. | ***2 (32 fl oz) boxes chicken broth (Swanson regular) + 20 oz Turkey stock***  ***3 1/2 cups water***  ***2/3 cups (4.6 oz, 132g) pearl barley, rinsed***  ***2 teaspoons Diamond brand kosher salt, or 1 teaspoon table salt, or to taste***  ***1 1/2–2 teaspoons granulated sugar*** |

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| 4. **ADD THE VEGETABLES** and freshly ground black pepper to the soup.  **SIMMER** about **15 minutes** until vegetables are done. | ***1/2 pound broccoli florets***  ***1/2 pound fresh cut green beans***  ***3 stalks celery, peeled and sliced***  ***Several grinds black pepper*** |

5. **WHEN THE SOUP IS FINISHED,** stir vigorously to encourage the barley to release some of its starches. These starches will slightly thicken and add body to the soup.

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| **6. MENU IDEAS.** | ***A green salad***  ***Naan or pita bread, cornbread, or cornsticks*** |

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**PRESSURE COOKER METHOD.** This recipe just fits in a 7-liter (7 1/3 quart) pressure cooker. If you own a cooker 7-liters or larger, follow steps 1 through 3 above. Add the broth, water, and seasonings. For cookers with a rocker-type pressure valve, add an additional 1/2 cup water. Lock the lid in place and bring the cooker to **high pressure**. When pressure is reached, cook for **10 minutes**.

Use the **cold water release method** and carefully remove the lid. The barley should be almost done, something like pasta *al dente*.

Add the vegetables and either cook as directed in step 4, or return to **high pressure**, cook for **2 minutes**, and **quick-release** as before. *(This timing works for my cooker; yours might vary.)*

RG notes

12/2006 Used 63 oz chicken stock, 20 oz turkey stock and 3.5 cups of water.

Added 1/2 lb each fresh green beans and broccoli, plus 3 stalks of celery (sliced).

12/2021 Next time, use more turkey, and only half the barley!

01/2023 Used leftover dark meat, with good results. Chop the meat and add at step 3.

[[1]](#footnote-1)

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| 2. **ADD THE CHOPPED ONION.** Cook for about **3 minutes** until onion becomes transparent.  **LOWER THE HEAT** to **medium low** and addthe garlic. Cook for **30 seconds**.  **ADD THE CURRY AND ITALIAN SEASONING** or oregano and basil mixture, and optional pepper flakes.  **COOK** for an additional **30 seconds**. Keep stirring and watch carefully so the spices don’t burn. | ***2 cups (13.0 oz, 370g) finely chopped onion***  ***4 cloves garlic, minced (2 teaspoons)***  ***1 tablespoon curry powder***  ***2 teaspoons Italian seasoning, OR 2 teaspoons oregano plus 1 teaspoon basil***  ***1/4 + 1/8 teaspoon crushed red pepper flakes (optional)*** |

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| 3. **ADD THE CHICKEN BROTH,** water, and pearl barley, salt and sugar.  **COOK, COVERED,** for about **35 minutes**, stirring occasionally, until the barley is just about done. It will have a little bite to it when it is almost done—something like pasta *al dente*. | ***6 (14-ounce) cans chicken broth (Swanson regular) (84 fl. oz) OR 2 (32 fl oz) boxes + 1 (14-oz) can chicken broth + 3/4 cup additional water or chicken broth***  ***3 3/4 cups water***  ***1 1/3 cups (9.3 oz, 265g) pearl barley, rinsed***  ***2 teaspoons Diamond brand kosher salt, or 1 teaspoon table salt, or to taste***  ***1 1/2–2 teaspoons granulated sugar*** |

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| 4. **ADD THE VEGETABLES** and freshly ground black pepper to the soup.  **SIMMER** about **15 minutes** until vegetables are done. | ***1 pound frozen mixed vegetables***  ***1 pound frozen cut green beans***  ***Several grinds black pepper*** |

5. **WHEN THE SOUP IS FINISHED,** stir vigorously to encourage the barley to release some of its starches. These starches will slightly thicken and add body to the soup.

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**CROCKPOT METHOD.** Place green beans and mixed vegetables in a colander and rinse with cold water to separate. Mix all ingredients in a 5-quart or larger crockpot. Cover and cook on **low heat** for **6–8 hours**, or on the **high setting** for **4–5 hours**, until vegetables, turkey, and barley are tender.

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   Source: Loosely adapted from a recipe in the CooksWares.com newsletter, 12/4/02.

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   Key Words: .

   Served: [↑](#footnote-ref-1)