

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.

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)

2. **ADD THE CHOPPED ONION.** Cook for about **3 minutes** until onion becomes transparent.

LOWER THE HEAT to **medium low** and add the 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)

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

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.

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.

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

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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
1 pound ground white turkey (turkey breast)

2. **ADD THE CHOPPED ONION.** Cook for about **3 minutes** until onion becomes transparent.

LOWER THE HEAT to **medium low** and add the 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)

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

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.

6. **MENU IDEAS.**

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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!

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.