

HEARTY TURKEY-BARLEY SOUP

1 lb. ground turkey
3 tablespoons Butter Buds*
1 quart of low sodium beef broth
2 cups water
2 tablespoons white wine
2 tsp. Worcestershire-wine sauce
1 package stevia or other sugar substitute
1/3 cup Barley
2 celery ribs, sliced thin
1 bay leaf
1/2 tsp. thyme
4 medium carrots, scrubbed and cut into lengthwise strips, about 2 inches long
2 medium turnips, prepared like the carrots
3 medium onions, peeled and quartered
1 can cut green beans, drained
1 can of diced tomatoes
Salt and pepper to taste

In a large Dutch oven, cook the turkey in the butter buds until the meat is no longer pink. Remove from the kettle and reserve.

In the same kettle, bring the beef broth, water, wine, and Worcestershire-wine sauce to a boil. Add the Stevia pkg., the barley, celery, bay leaf and thyme. Cook over low heat for 30 minutes.

Return the turkey to the kettle along with remaining ingredients. Bring to boiling, reduce heat and simmer, covered 45 to 60 minutes, or until vegetables are tender. Freezes well.

Per serving: 186 calories Fat: 7 g. Cholesterol: 42 mg

(Butter Buds) *

Mix 3 fluid ounces hot tap water with one packet Butter Buds. Add enough olive oil to total 12 cup. Mix well; refrigerate. Bring to room temperature before using.