

## Turkey “Gumbo” Soup

Guess what I found while rummaging around in my freezer? You guessed it, the carcass from the roast turkey! Some people don't like okra; I don't happen to be one of them! If you don't have a turkey carcass, simply buy turkey drumsticks and wings and follow my instructions on **How To Make Stock\*\*** I find it easier to make the stock the day before so the fat hardens up and is easily skimmed off. If pressed for time used purchased chicken stock or broth and some cooked turkey or chicken. A note on the salt pork; it can usually be found at a butcher but check your grocery store as they just might have it. Any leftover salt pork can be frozen if need be or you can make my recipe for **Tourtiere\*\***

1 Tbsp. butter  
¼ lb. salt pork, cut into small cubes  
6 – 8 cups of stock  
1 medium onion, ¼” dice  
1 (19 oz.) tin plum tomatoes, chopped  
2 tablespoons chopped parsley  
1 – 2 tsp. salt  
¼ tsp. freshly ground black pepper  
1/8 – ¼ tsp. cayenne pepper or to taste  
½ cup brown rice or long grain rice  
1 ½ cups cut up (1/2” pieces) fresh or frozen okra  
½ cup corn, frozen is fine  
1 green pepper, ¼” dice  
½ cup celery, ¼” dice  
1 Tbsp. fresh thyme, chopped or 1 tsp. dried  
1 large bay leaf

Cooked turkey removed from the carcass or drumsticks before making the stock.

Heat the butter in a large soup pot on medium heat. Add the salt pork & sauté until pork is lightly browned, stirring often, reduce the heat; add the onions, celery & green pepper. Sauté vegetables until they are softened but not browned, approximately 8 minutes. Add the cayenne, thyme & bay leaf, then sauté for a minute; add the tomatoes, 6 cups of the stock, salt & pepper; bring to a boil; reduce the heat, cover & allow to simmer for 30 minutes. Now add the rice; cover & simmer for another 20 minutes. Bring the soup up to a boil, add the okra, reduce the heat, cover & simmer approximately 15 minutes, or until okra is not quite cooked through, add the corn and simmer for approximately 10 minutes until okra & corn are cooked. If the soup appears to be too thick, add more stock to thin it. Taste the soup; adding salt to taste; add the parsley & serve the soup very hot.

**\*\*To make your own turkey stock, please go to How To Make Stock.**

**\*\*If you wish to make my delicious Tourtiere, please go to Tourtiere.**

