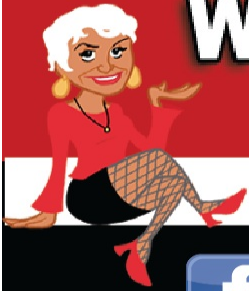


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HOMEMADE TURKEY STOCK

Basic Lifestyle

Ingredients

2 TSP vegetable oil	8 cups cold water
1 turkey neck	2 (14-oz.) cans fat-free, less-sodium chicken broth
1 turkey heart	½ TSP dried thyme
1 turkey gizzard	¼ TSP black peppercorns
½ cup chopped onion	3 parsley sprigs
½ cup chopped celery	1 bay leaf
½ cup chopped carrot	

Instructions

1. Heat oil in a large stockpot or Dutch oven over medium-high heat.
2. Chop neck, heart and gizzard into 2-inch pieces. Add to pan. Cook 5 minutes or until browned, stirring occasionally.
3. Add onion, celery, and carrot. Cook 4 minutes or until tender, stirring frequently.
4. Stir in the water and broth. Bring to a boil. Add thyme, peppercorns, parsley and bay leaf. Reduce heat and simmer 2 hours.
5. Strain the mixture through a sieve over a large bowl. Discard solids. Cool to room temperature. Cover and chill overnight. Skim the solidified fat from surface, and discard fat.

Portion-Per-Serving Information: (Yields 7 cups): Serving = 1 cup = free

Note: Refrigerate leftover stock in an airtight container for 2-3 days, or freeze for up to 3 months.