



Cardiovascular Healthy Recipe

VDF is proud to offer heart healthy recipes for you and your loved ones from the “*Keep the Beat: Heart Healthy Recipes*” cookbook from the National Heart, Lung, and Blood Institute (NHLBI). For a \$25 tax deductible donation to VDF you can get your own copy of this yummy cookbook! Contact VDF by e-mail at info@vdf.org, or by phone at **888.833.4463** to order your copies today. Here’s a heart-healthy homemade turkey soup to warm you this winter!

Homemade Turkey Soup

Ingredients:

- 6 lb. turkey breast with bones (with at least 2 c. meat)
- 2 medium onions
- 3 stalks celery
- 1 tsp. dried thyme
- 1/2 tsp. dried rosemary
- 1/2 tsp. dried sage
- 1 tsp. dried basil
- 1/2 tsp. dried marjoram
- 1/2 tsp. dried tarragon
- 1/2 tsp. salt, or none
- black pepper, to taste
- 1/2 lb. Italian pastina or pasta

Yield: 16 servings (about 4 quarts of soup)

Serving size: 1 cup

Each serving provides:

- Calories: 201
- Total fat: 2 g
- Saturated fat: 1 g
- Cholesterol: 101 mg
- Sodium: 141 mg
- Total fiber: 1 g
- Protein: 33 g
- Carbohydrates: 11 g
- Potassium: 344 mg

1. Place turkey breast in large 6-quart pot. Cover with water until at least three quarters full.
2. Peel onions, cut into large pieces, and add to pot. Wash celery stalks, slice, and add to pot.
3. Simmer covered for about 2 1/2 hours.
4. Remove carcass from pot. Divide soup into smaller, shallower containers for quick cooling in refrigerator.
5. After cooling, skim off fat, which will solidify at the top as it cools.
6. While soup cools, remove remaining meat from turkey carcass. Cut into pieces.
7. Add turkey meat to skimmed soup, along with herbs and spices.
8. Bring to boil and add pastina. Continue cooking on low boil for about 20 minutes, until pastina is done. Serve at once or refrigerate for later reheating.

To order your copy of this heart healthy cookbook, contact VDF by e-mail at info@vdf.org, call 888.833.4463, or return this order form to VDF, 1075 S. Yukon St., Ste. 320, Lakewood, CO 80226.

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