



## **Turkey Gut Soup**

(developed by Quintin Wight)

### **Ingredients:**

Neck and giblets from a whole turkey

Large bunch of carrots

Several onions

Large handful of oat groats<sup>1</sup>

Salt (to taste)

### **Directions:**

1. Finely chop the giblets, carrots, and onions.
2. Simmer all ingredients in a large pot with as much water as seems appropriate.
3. Continue to simmer, covered, until all ingredients are cooked and soft (at least 40 min, but over several hours if possible).

To serve, remove the neck and serve separately (do not discard it – the meat is very tasty and tender!).

**N.B.: Warn your guests that there may be some small bones from the neck remaining in the soup!**

On the first day, the soup will be clear. It will become creamy over time, as the beta glucan is released from the oats.

<sup>1</sup> Oat groats (the intact kernels) are most often found in health food stores.