

Delicaé Gourmet Product Information

Tarpon Springs, Florida 34688

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48271 **Homemade Turkey Barley**

This deeply satisfying comfort food will be a family favorite.

Just add Turkey and Broth.

Ingredients: Pearled Barley, Dehydrated Vegetables (Carrots, Corn, Peas, Onions, Sweet Potatoes, Celery, Mushrooms), Minced Garlic, Thyme, Rosemary and Black Pepper.

Ingredients needed

- 4-5 lbs of turkey tenderloin or skinless breasts
- 1 32 ounce box of turkey or low sodium chicken broth
- 4 cups of water (or additional broth, if preferred)

Cooking Instructions

1. Place the turkey in the bottom of the slow cooker.
2. Rinse and sort the barley and layer over the turkey.
3. Layer the contents of the vegetable and spice packets over the barley.
4. Slowly pour the water and broth over the ingredients. **Do not stir.**
5. Cover and cook on high for 4 to 5 hours or low for 8 to 9 hours. **Do not lift lid while cooking.**
6. Salt to taste.

Serving Suggestions

Make into a soup by adding additional broth.

Serve with thickly sliced country bread and lots of creamy butter.

For mushroom lovers add canned or fresh sliced mushrooms ½ hour before the end of the cooking time.

Use left over turkey for sandwiches.

Stove Top Cooking Instructions: (For those without a slow cooker.)

1. Sort barley and rinse well in a large bowl.
2. In a large 5 to 6 quart baking dish with cover, spread barley evenly on the bottom of the dish.
3. Empty contents of the vegetable and spice packets over the barley.
4. Place turkey pieces over the vegetables and spices. Carefully pour the broth and water over the turkey.
5. Cover and place in a 350 degree oven.
6. Cook for three hours. Check turkey to determine if done or, at least 165 degrees on a meat thermometer.
7. Add salt and pepper if needed and serve.

Nutrition Facts

Serving Size As Packaged 1.1 oz. (32g)

As Prepared 17 oz (480g)

Servings Per Container 8

Amount Per Serving	As Packaged	As Prepared	
Calories	110	360	
Calories from Fat	5	35	
% Daily Value**			
Total Fat 0.5g*	1%	6%	
Saturated Fat 0g	0%	0%	
Trans Fat 0g			
Cholesterol 0mg	0%	30%	
Sodium 25mg	1%	26%	
Total Carbohydrate 25g	8%	8%	
Dietary Fiber 5g	20%	20%	
Sugars 2g			
Protein 3g			
Vitamin A	80%	80%	
Vitamin C	4%	4%	
Calcium	2%	2%	
Iron	6%	20%	
<small>* Amount in Mix. As prepared, one serving provides 4g total fat (0 saturated fat), 90mg cholesterol, 630mg sodium, 25g carbohydrate (5g fiber, 2g sugar) and 60g protein.</small>			
<small>**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
Fat	9	*	
Carbohydrate	4	*	
Protein	4		