**Turkey Sausage & Barley Soup**

Serves 10-12. Make in 7 or 8 qt. Dutch oven or stockpot.

From the Kitchen of Lucy Kay Osborne

**Ingredients:**

* 8 cups homemade beef broth from soup bones, strained and cooled. Skim off fat. (or use Better Than Boullion Beef base or Swanson’s Beef Broth)
* 13 oz. Hillshire Farms (or other brand) turkey kielbasa sausage, sliced and halved.
* 2 cups cooked barley (Follow directions on package.)
* 1 can diced tomatoes, Italian style
* 4 sliced raw carrots
* 1 chopped onion
* 3 cloves garlic, minced
* 2 tsp basil leaves and/or Italian Seasoning
* 1 cup fresh spinach, chopped

**Instructions:**

1. Boil up soup bones, strain through cheesecloth or a fine-mesh strainer, or use Better Than Boullion beef base or Swanson’s Beef Broth.
2. Cool broth and put in refrigerator until fat hardens on top.
3. Saute’ onion and garlic in a cup or more of broth.
4. Add the turkey kielbasa, heating through and stirring frequently.
5. Add the rest of the broth, tomatoes, carrots, barley, seasonings, and Flavor Boost.
6. Bring to a boil and then lower temperature to simmer for 30 minutes
7. Stir in spinach, and cook for one minute before serving, or until spinach wilts.