

# Delicaé Gourmet Product Information

Tarpon Springs, Florida 34688

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# 48271 **Homemade Turkey Barley**

Net Wt. 9 oz. (255g)

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

This deeply satisfying comfort food will be a family favorite.

### 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.
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.

## 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
<b>Calories</b>	110	360
Calories from Fat	5	35
% Daily Value**		
<b>Total Fat 0.5g*</b>	<b>1%</b>	<b>6%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
<b>Cholesterol 0mg</b>	<b>0%</b>	<b>30%</b>
<b>Sodium 25mg</b>	<b>1%</b>	<b>26%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>	<b>8%</b>
Dietary Fiber 5g	<b>20%</b>	<b>20%</b>
Sugars 2g		
<b>Protein 3g</b>		
Vitamin A	80%	80%
Vitamin C	4%	4%
Calcium	2%	2%
Iron	6%	20%

\* Amount in Mix. As prepared, one serving provides 4g total fat (0 saturated fat), 90mg cholesterol, 630mg sodium, 25g carbs (5g fiber, 2g sugar) and 60g protein.  
\*\*Percent Daily Values (DV) are based on a 2,000 calorie diet.