



TURKEY TORTELLINI SOUP

Many people with pancreatic cancer often will better tolerate and enjoy simple, comforting meals. This classic soup recipe can be the base for a warm and hearty soup. **Yield: 8 Servings**

INGREDIENTS

- One 12-15 lb. turkey
- 3 medium-size onions
- 6 garlic cloves
- 6 large carrots
- 1 head of celery
- 3 bay leaves
- 6 sprigs fresh thyme
- 1 sprig rosemary
- 3 cups cheese tortellini
- 1 bunch parsley
- ½ cup parmigiano cheese
- ¼ cup extra virgin olive oil

DIRECTIONS:

For Roasting the Turkey

1. Preheat oven to 350°.
2. Place turkey on roasting rack. Season inside and out with salt and pepper.
3. Roast turkey for 2 ½ or 3 hours until internal temperature reaches 155°, basting with natural juices every 30 minutes.
4. Remove turkey and lightly dome with aluminum foil. Allow to cool.
5. Once cool, remove skin and debone turkey.
6. Place body and all bones back into the roasting pan. Roast at 350° for 30 minutes, until bones are dark, golden brown.
7. Shred turkey meat into bite size pieces.
8. Reserve.

For the Turkey Stock

1. In a large stock pot, place turkey bones and body, ½ head of celery (chopped), 3 carrots (chopped), 2 onions (chopped), 4 garlic cloves (smashed), 3 bay leaves, 1 sprig rosemary and 6 sprigs thyme.
2. Cover with 4 inches of water, bring to a simmer.
3. Lower heat and slowly simmer stock for 2 hours, occasionally skimming fat from the top.
4. After 2 hours, strain stock through a fine sift and cheese cloth.
5. Cool and reserve.

For the Garnish

1. Remaining celery, small dice (quarter by quarter inch)
2. Remaining carrots, small dice (quarter by quarter inch)
3. Remaining onions, small dice (quarter by quarter inch)
4. Remaining garlic, minced
5. In a large stock pot, put 2 gallons of water. Add 2 Tbsp. of kosher salt. Bring to a rolling boil and add the tortellini.
6. Cook for 6 minutes, occasionally stirring. Strain.
7. Toss 1 Tbsp. extra virgin olive oil into the tortellini.
8. Lay flat on a sheet tray and allow to cool in refrigerator.
9. Reserve.



To Assemble the Soup

1. Add stock to large stock pot.
2. Add all diced vegetables and bring to a simmer. Cook until carrots are tender, approximately 6-8 minutes.
3. Add shredded turkey meat, tortellini, and finely chopped parsley. Adjust soup seasoning with desired amount of kosher salt and fresh ground pepper.

To Serve

1. In a soup bowl, place 1 large ladle of garnish into center of bowl, top the bowl off with stock.
2. Drizzle with ½ tsp. extra virgin olive oil over the top of the soup.
3. Add 1 Tbsp. of grated parmigiano cheese

Nutritional Data: (assumes 1 oz turkey per bowl) 338 calories, 13 grams fat, 3 grams saturated fat, 39 mg cholesterol, 37 grams carbohydrate, 2.5 grams dietary fiber, 19 grams protein.

The **Cooking. Comfort. Care. Nourishment for the Pancreatic Cancer Fight** program was created by Celgene Corporation and in collaboration with the Pancreatic Cancer Action Network, Meals to Heal and Chef Michael Ferraro. These recipes were developed by registered dietitians who are board-certified specialists in oncology nutrition affiliated with the Pancreatic Cancer Action Network and at Meals to Heal, along with Chef Michael Ferraro. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your healthcare team for nutritional advice or specific questions you have about managing your condition or that of a loved one.

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