

Roasted Whole Turkey & Low-Sodium Chicken Broth



Ingredients

- 9 cups low-sodium chicken broth
- 2 Tbsp fresh rosemary
- 4 Tbsp fresh thyme
- 1 tsp paprika
- 2 Tbsp Kosher salt
- 2 yellow onions, cut into ½ -inch sections
- 3 carrots cut into ½ -inch sections
- 4 celery stalks, cut into ½ -inch sections

- 3 Tbsp black peppercorns
- 9 bay leaves
- 12 pound turkey-whole, Raw

Chicken Broth Ingredients:

- 9 cups water
- 2 oz. low sodium chicken base (no MSG)

Prep time: 30 minutes

Cook time: 3 hours

Total time: 3 hours 30 minutes

Directions

Low-sodium chicken broth

1. In a kettle heat water to a simmer
2. Whisk in base until fully combined
3. Simmer 20 minutes

Roasted Whole Turkey

1. In a bowl, add rosemary, thyme, paprika and salt. Mix well. Evenly rub over turkey.
2. In a roasting pan, add stock, onions, carrots, celery, peppercorns and bay leaves.
3. Place turkey on racks in roasting pan. Cover with foil. Roast in a 375F oven for 3 hours or until internal temperature is 165F. Remove turkey from pan.
4. NOTE: Cook turkey, uncovered, for the last hour, basting every 20 minutes
5. NOTE: Drippings may be used to make gravy.

Nutritional Information

- Calories 120
- Total Fat..... 5g
- Saturated Fat 1g
- Cholesterol 60mg
- Total Carbohydrate..... 0g
- Dietary Fiber 0g
- Protein 18g
- Sodium 95mg

Serving size..... 3 oz.

Recipes yields..... About 8 servings

Adjusted from: <http://www.sodexo.com>