



Mexican Turkey and Squash Stew

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound butternut squash cubed peeled
- 8 large sprigs thyme leaves dried
- 2 teaspoons ground cumin
- 4 servings kosher salt and pepper freshly ground
- 2 tablespoons olive oil extra-virgin
- 1 large onion chopped
- 0.5 pound red-skinned potatoes thinly sliced
- 0.8 cup salsa verde prepared

- 1.5 pounds turkey breast boneless skinless
- 1 cup tortilla chips crumbled plus more for serving
- 0.5 pound baby squash yellow thick cut into half-moons

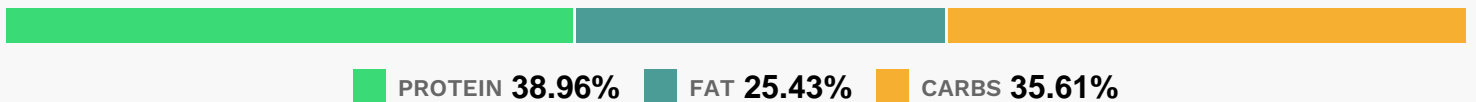
Equipment

- dutch oven

Directions

- Cut the turkey into 1 1/2-inch pieces.
- Sprinkle with the cumin, and salt and pepper to taste.
- Heat the olive oil in a Dutch oven or large pot over high heat.
- Add the thyme, then add the turkey and cook until browned on one side, about 3 minutes.
- Add the onion and cook, stirring occasionally, until softened, about 4 minutes.
- Stir in 5 cups hot water, the potatoes, butternut squash, zucchini, salsa and tostadas (the tostadas will dissolve and help thicken the broth). Cover and bring to a boil, then uncover and reduce to a simmer. Cook until the vegetables are tender and the turkey is just cooked through, about 15 minutes.
- Serve with more tostadas.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:1.2, Inflammation Score:-10, Nutrition Score:23.508695592051%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg

Nutrients (% of daily need)

Calories: 564.38kcal (28.22%), Fat: 16.36g (25.16%), Saturated Fat: 1.93g (12.05%), Carbohydrates: 51.54g (17.18%), Net Carbohydrates: 44.64g (16.23%), Sugar: 8.99g (9.99%), Cholesterol: 141.69mg (47.23%), Sodium: 704.23mg (30.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.39g (112.79%), Vitamin A: 12526.74IU (250.53%), Vitamin C: 43.79mg (53.08%), Vitamin K: 49.31µg (46.96%), Iron: 7.99mg (44.39%), Manganese: 0.65mg (32.39%), Potassium: 1033.06mg (29.52%), Fiber: 6.89g (27.56%), Vitamin E: 3.92mg (26.13%), Vitamin B6: 0.51mg (25.32%), Magnesium: 96.63mg (24.16%), Calcium: 195.49mg (19.55%), Folate: 73.42µg (18.36%), Phosphorus: 178.13mg (17.81%), Vitamin B1: 0.26mg (17.37%), Vitamin B3: 2.72mg (13.59%), Copper: 0.26mg (12.75%), Vitamin B5: 1.09mg (10.86%), Vitamin B2: 0.16mg (9.55%), Zinc: 1.15mg (7.69%), Selenium: 2.56µg (3.66%)