



 **52%**  
HEALTH SCORE

## Mexican Turkey Stew

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**8**

CALORIES



**266 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 large anaheim chili halved lengthwise seeded
- 2 teaspoons cooking oil
- 2 tablespoons chili powder
- 0.3 cup cilantro leaves fresh chopped
- 4 garlic minced
- 15 ounce golden kiwi white drained canned
- 0.5 cup spring onion thinly sliced
- 3 cups beef broth fat-free

- 1.5 cups onion chopped
- 1.5 teaspoons oregano dried
- 2 ounces queso fresco crumbled
- 0.5 cup radishes thinly sliced
- 0.5 cup roasted sunflower seeds unsalted
- 0.3 teaspoon salt
- 4 cups turkey breast shredded leftover cooked
- 4 cups water

## Equipment

- bowl
- frying pan
- baking sheet
- ladle
- aluminum foil
- broiler
- dutch oven

## Directions

- Preheat broiler.
- Place pepper halves, skin side up, on a foil-lined baking sheet. Broil 6 minutes or until blackened.
- Place in a paper bag, and fold to close tightly.
- Let stand for 15 minutes. Peel and chop; set aside.
- Heat oil in a large Dutch oven coated with cooking spray over medium heat.
- Add onion to pan; cook 6 minutes, stirring occasionally.
- Add garlic; cook 1 minute, stirring occasionally.
- Add chile powder and oregano; cook 1 minute, stirring constantly. Stir in 4 cups water, broth, and hominy; bring to a boil. Reduce heat, and simmer, uncovered, 10 minutes. Stir in Anaheim

chiles and turkey; cook for 2 minutes. Stir in cilantro and salt; cook 3 minutes. Ladle about 1 1/3 cups soup into each of 8 bowls. Top each serving with 1 tablespoon pumpkinseed kernels, 1 tablespoon radishes, 1 tablespoon green onions, and 1 tablespoon cheese.

Serve with lime wedges, if desired.

Beer note: With Anaheim and guajillo chiles lending their subtle heat, reach for a flavorful chilled beer, like a Scottish-style ale. Oskar Blues Old Chub Scotch Ale (\$99/six-pack), from Colorado, has a rich, malty sweetness, hinting of caramel, that works to balance the peppery posole, while the beer's dark chocolate, toasted nut, and smoky notes complement the roasted pumpkinseeds in this richly layered soup. --Jeffery Lindenmuth

## Nutrition Facts

 **PROTEIN 45.39%**  **FAT 31.11%**  **CARBS 23.5%**

### Properties

Glycemic Index:26.33, Glycemic Load:3.98, Inflammation Score:0, Nutrition Score:24.492608630139%

### Flavonoids

Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg

### Nutrients (% of daily need)

Calories: 265.77kcal (13.29%), Fat: 9.57g (14.73%), Saturated Fat: 2.01g (12.59%), Carbohydrates: 16.27g (5.42%), Net Carbohydrates: 11.39g (4.14%), Sugar: 7.7g (8.55%), Cholesterol: 68.77mg (22.92%), Sodium: 713.41mg (31.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.43g (62.86%), Vitamin B3: 12.64mg (63.2%), Vitamin C: 47.46mg (57.53%), Vitamin B6: 1.13mg (56.59%), Selenium: 35.8µg (51.14%), Phosphorus: 442.27mg (44.23%), Vitamin K: 42.16µg (40.15%), Vitamin E: 4.92mg (32.79%), Potassium: 752.59mg (21.5%), Fiber: 4.88g (19.5%), Manganese: 0.37mg (18.57%), Copper: 0.36mg (17.76%), Vitamin B5: 1.71mg (17.13%), Vitamin A: 835.71IU (16.71%), Zinc: 2.46mg (16.39%), Magnesium: 61.2mg (15.3%), Vitamin B2: 0.26mg (15.3%), Vitamin B12: 0.86µg (14.41%), Folate: 55.76µg (13.94%), Calcium: 115.18mg (11.52%), Iron: 1.84mg (10.24%), Vitamin B1: 0.11mg (7.37%), Vitamin D: 0.31µg (2.06%)