



WHATSheATE



Mexican Turkey Stew



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 large anaheim chiles halved lengthwise seeded
- ☐ 2 teaspoons canola oil
- ☐ 2 tablespoons ground guajillo chile powder
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 15 ounce golden white drained canned
- ☐ 0.5 cup green onions thinly sliced
- ☐ 3 cups lower-sodium chicken broth fat-free

- ☐ 1.5 cups onion chopped
- ☐ 1.5 teaspoons oregano dried
- ☐ 2 ounces queso fresco cheese crumbled
- ☐ 0.5 cup radishes thinly sliced
- ☐ 0.5 cup roasted pumpkinseed kernels 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

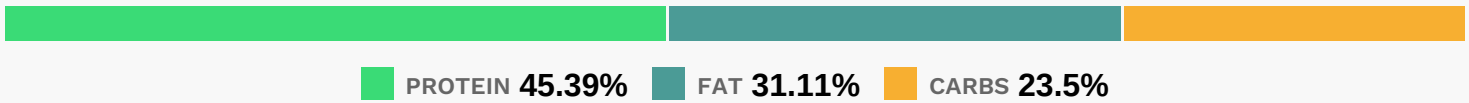
Directions

- ☐ 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



Properties

Glycemic Index:26.33, Glycemic Load:3.98, Inflammation Score:-8, 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%), Vitamin B2: 0.26mg (15.3%), Magnesium: 61.2mg (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%)