



Slow Cooker Turkey and Potatoes



Gluten Free



Dairy Free

READY IN



380 min.

SERVINGS



6

CALORIES



908 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 21.5 ounce condensed cream of chicken and mushroom soup canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 6 servings garlic powder to taste
- ☐ 0.3 cup bell pepper green chopped
- ☐ 6 servings ground pepper black to taste
- ☐ 1 pinch seasoned meat tenderizer
- ☐ 0.5 cup onion chopped
- ☐ 2 potatoes cut into chunks

- ☐ 0.3 cup bell pepper red chopped
- ☐ 6 servings salt to taste
- ☐ 3 large turkey legs
- ☐ 4 cups water
- ☐ 2 cups rice long grain white uncooked

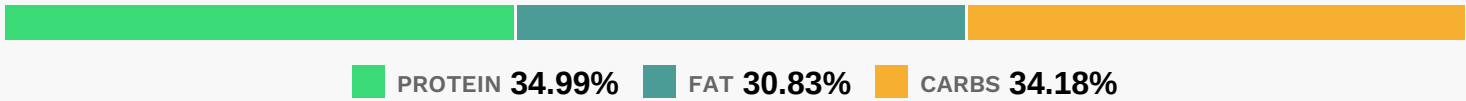
Equipment

- ☐ sauce pan
- ☐ slow cooker
- ☐ meat tenderizer

Directions

- ☐ Stir the water, cream of chicken and mushroom soup, and cream of mushroom soup into a large slow cooker until smoothly combined, and mix in the onion and the green and red bell pepper.
- ☐ Place the turkey legs into the slow cooker and cover with the sauce.
- ☐ Set the slow cooker to High, and cook for 3 hours, stirring occasionally.
- ☐ After 3 hours, stir in the potatoes and season with salt, meat tenderizer, black pepper, and garlic powder. Cook for 2 more hours on High, stirring occasionally.
- ☐ Remove turkey legs and cut the meat off the bones; chop the meat, and return to the cooker. Cook for 1 more hour on High.
- ☐ About 25 minutes before serving time, bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.
- ☐ Serve the turkey and sauce over the hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:48.99, Glycemic Load:42.36, Inflammation Score:-7, Nutrition Score:37.919565573983%

Flavonoids

Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 908.37kcal (45.42%), Fat: 30.38g (46.74%), Saturated Fat: 9.46g (59.13%), Carbohydrates: 75.77g (25.26%), Net Carbohydrates: 72.55g (26.38%), Sugar: 2.22g (2.47%), Cholesterol: 251.21mg (83.74%), Sodium: 1535.85mg (66.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 77.56g (155.12%), Selenium: 101.7µg (145.29%), Zinc: 12.35mg (82.33%), Vitamin B6: 1.58mg (79.07%), Phosphorus: 776.65mg (77.67%), Vitamin B3: 12.72mg (63.59%), Manganese: 1.15mg (57.49%), Vitamin B2: 0.86mg (50.58%), Copper: 0.98mg (48.9%), Vitamin B5: 4.89mg (48.86%), Iron: 8.56mg (47.56%), Potassium: 1489.3mg (42.55%), Vitamin C: 28.05mg (34%), Magnesium: 117.29mg (29.32%), Vitamin B1: 0.41mg (27.36%), Vitamin B12: 1.4µg (23.37%), Folate: 63.19µg (15.8%), Fiber: 3.22g (12.89%), Calcium: 111.4mg (11.14%), Vitamin A: 414.68IU (8.29%), Vitamin K: 6.57µg (6.26%), Vitamin E: 0.77mg (5.12%)