



Slow Cooker Turkey Stew with Mustard and Root Vegetables



Gluten Free



Dairy Free

READY IN



310 min.

SERVINGS



6

CALORIES



293 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 turkey thighs bone-in
- ☐ 6 servings salt
- ☐ 4 tablespoons olive oil extra virgin
- ☐ 1 large onion white yellow roughly chopped
- ☐ 1 large parsnips peeled cut into 1-inch pieces
- ☐ 2 large carrots peeled cut into 1-inch pieces
- ☐ 3 cups turkey stock

- ☐ 2 tablespoons brown sugar
- ☐ 0.3 cup mustard yellow
- ☐ 1 tablespoon ground mustard dry
- ☐ 2 teaspoons chili powder
- ☐ 4 yukon gold yellow peeled cut into 1-inch pieces
- ☐ 1 cup mustard greens packed roughly chopped ()
- ☐ 0.3 cup grain mustard whole

Equipment

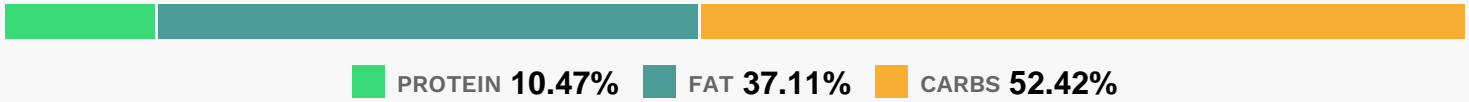
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ dutch oven
- ☐ slow cooker

Directions

- ☐ Salt the turkey thighs well and set out at room temperature for 30 minutes.
- ☐ Heat the olive oil in a large pan over medium-high heat for a minute or two. Pat the turkey thighs dry with a paper towel and set them skin side down in the hot oil to brown. Turn the heat down to medium.
- ☐ Let them brown well, at least 3–5 minutes, before turning.
- ☐ Don't crowd the pan, the meat needs air flow around it to brown properly. Cook the turkey in batches if needed.
- ☐ When the thighs are browned, place them in a slow cooker or Dutch oven.
- ☐ Sauté the onions in the pan once the turkey has browned, then add them to the slow cooker or Dutch oven.
- ☐ Season the stock: While the turkey and onions are browning, place the stock in a medium pot and bring to a simmer.

- ☐ Whisk in the brown sugar, yellow mustard (reserve the whole grain mustard for the end of the recipe), mustard powder, chipotle and a little salt. Cook for a minute and add salt to taste. Depending on how acidic your mustard is you may need to add a little cider or white vinegar as well.
- ☐ Add the carrots and parsnips to the pot with the turkey and onions.
- ☐ Pour the sauce over everything until the liquid is about 3/4 of the way up the sides of the turkey and vegetables. Reserve any remaining sauce. Cover and simmer on low, or cover and turn the slow cooker on high.
- ☐ Cook in a slow cooker for 4 hours on high, or in a Dutch oven for 1 hour on simmer.
- ☐ Add the potatoes and a little more sauce, if you have any. Cover and cook another 1-2 hours in a slow cooker, or 30-45 minutes in the Dutch oven.
- ☐ Strip skin and bones from turkey meat: Before serving, remove the turkey pieces from the pot, strip off and discard the bones and the skin, return the turkey pieces to the pot.
- ☐ Add greens and mustard: Stir in the mustard greens, arugula, or other greens you are using. Stir in the whole grain mustard. Adjust seasoning, adding more salt, chipotle powder, and mustard to taste.

Nutrition Facts



Properties

Glycemic Index:50.93, Glycemic Load:17.65, Inflammation Score:-10, Nutrition Score:20.169565364071%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 4.7mg, Kaempferol: 4.7mg, Kaempferol: 4.7mg, Kaempferol: 4.7mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg

Nutrients (% of daily need)

Calories: 292.91kcal (14.65%), Fat: 12.45g (19.15%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 39.56g (13.19%), Net Carbohydrates: 32.99g (12%), Sugar: 10.66g (11.85%), Cholesterol: 3.96mg (1.32%), Sodium: 673.36mg (29.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.9g (15.8%), Vitamin A: 4513.21IU (90.26%), Vitamin C: 36.94mg (44.77%), Vitamin K: 42.3µg (40.29%), Vitamin B6: 0.55mg (27.4%), Manganese: 0.53mg (26.43%), Fiber: 6.57g (26.28%), Potassium: 912.34mg (26.07%), Selenium: 14.75µg (21.07%), Vitamin B3: 3.87mg (19.36%),

Phosphorus: 175.05mg (17.5%), Vitamin E: 2.52mg (16.83%), Vitamin B1: 0.25mg (16.51%), Magnesium: 64.07mg (16.02%), Copper: 0.29mg (14.4%), Folate: 55.6µg (13.9%), Iron: 2.26mg (12.57%), Vitamin B2: 0.21mg (12.23%), Calcium: 74.99mg (7.5%), Vitamin B5: 0.7mg (7.05%), Zinc: 1.05mg (7.02%)