



Turkey Chile Verde

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

READY IN



260 min.

SERVINGS



8

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lbs tomatillos fresh green
- 5 cloves garlic
- 1 jalapeño seeds removed, chopped*
- 2 poblano chiles
- 1 bunch cilantro leaves rinsed roughly chopped
- 1 teaspoon salt
- 2 Tbsp juice of lime
- 1 pinch sugar

- 3 pounds turkey thighs boneless skinless
- 8 servings salt and pepper
- 2 tablespoons olive oil extra virgin
- 3 cups onions yellow coarsely chopped
- 1 teaspoon cumin
- 3 garlic cloves peeled finely chopped
- 2.5 cups chicken stock see
- 1 teaspoon chipotle powder
- 2 tablespoons oregano fresh chopped
- 2 bay leaves
- 1 pinch ground cloves

Equipment

- bowl
- frying pan
- paper towels
- pot
- blender
- roasting pan
- aluminum foil
- broiler
- slotted spoon
- dutch oven

Directions

- Roast the poblano chiles: Roast the poblano chiles over a gas burner or under a broiler, until blackened almost all over.
- Place chiles in a paper bag, close the bag, and let the chiles steam in their own heat for a few minutes.

- Remove the chiles from the bag, remove the charred skin, the stem and the seeds. (For a step-by-step, see How to roast chile peppers over a gas flame.)
- Broil the tomatillos:
- Remove the papery husks from the tomatillos. Rinse the tomatillos with water (they may be a little sticky).
- Slice the tomatillos in half and place cut-side-down on a roasting pan lined with aluminum foil. Toss the garlic cloves (peel on) in with the tomatillos.
- Cook under a broiler until lightly browned, about 5-7 minutes.
- Let cool to the touch, then remove the garlic cloves from their skins.
- Make the salsa verde:
- Place tomatillos, garlic, jalapeño, poblanos, cilantro, salt, lime juice, and sugar in a blender. Start on a low speed and then increase the blender speed and purée until smooth. Set aside (can make a day ahead and refrigerate until needed).
- Prepare the turkey thigh meat:
- Cut the turkey thigh meat into 1 to 1 1/2 inch chunks, cutting away and discarding any tough gristly bits or big pieces of fat. Pat dry with paper towels.
- Sprinkle with salt and pepper.
- Heat olive oil in a large (6 to 8 qt) Dutch oven or high-sided sauté pan on medium high or high heat (hot enough to sear the meat).
- Working in batches so as not to crowd the pan (a crowded pan will make it harder for the meat to brown), sear the chunks of turkey on all sides (do not stir the meat in the pan until they have browned well).
- Remove with a slotted spoon to a bowl.
- Sauté onions, add garlic:
- Add the chopped onion and the cumin to the pot, and cook, stirring and scraping up any browned bits from the bottom of the pan, until the onions are translucent (about 5 minutes).
- Add the garlic, cook for 30 seconds more.
- Add turkey, tomatillo sauce, stock, spices to pot: Return the turkey to the pot.
- Add the tomatillo sauce and the chicken stock.
- Add the chipotle powder, oregano, bay leaves, and ground clove.
- Add a teaspoon of salt, and a little freshly ground black pepper.

- Simmer 3 to 4 hours: Bring to a simmer, and reduce heat to low (enough to maintain a low simmer), while the pot stays uncovered. Cook for 3 to 4 hours, uncovered, until the turkey is tender.
- If at some point you think that too much liquid is going to evaporate, cover the pan. Otherwise keep it uncovered. You want the sauce to become more concentrated. Adjust seasonings to taste. You may need to add more salt than you would expect.
- Serve in a bowl, with chopped fresh cilantro, and sides such as chopped avocado, thinly sliced lettuce that has been seasoned with vinegar and salt, sliced radishes, thinned sour cream or crema fresca, and with fresh heated tortillas or tortilla chips. Or serve with rice and beans, or wrapped up in a large flour tortilla, burrito style.

Nutrition Facts



Properties

Glycemic Index:30.14, Glycemic Load:1.74, Inflammation Score:-9, Nutrition Score:28.48739114015%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 13.53mg, Quercetin: 13.53mg, Quercetin: 13.53mg, Quercetin: 13.53mg

Nutrients (% of daily need)

Calories: 393.85kcal (19.69%), Fat: 20.01g (30.79%), Saturated Fat: 5.51g (34.45%), Carbohydrates: 17.31g (5.77%), Net Carbohydrates: 13.35g (4.86%), Sugar: 8.16g (9.07%), Cholesterol: 107.71mg (35.9%), Sodium: 1345.23mg (58.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.04g (72.08%), Vitamin B12: 6.8µg (113.4%), Selenium: 70.98µg (101.41%), Vitamin C: 42.93mg (52.03%), Zinc: 7.51mg (50.07%), Vitamin B2: 0.64mg (37.94%), Phosphorus: 377.57mg (37.76%), Vitamin B3: 7.21mg (36.06%), Vitamin B6: 0.64mg (31.98%), Potassium: 907.74mg (25.94%), Vitamin K: 24.85µg (23.67%), Iron: 4.24mg (23.58%), Vitamin B1: 0.29mg (19.4%), Manganese: 0.39mg (19.32%), Copper: 0.35mg (17.35%), Vitamin B5: 1.64mg (16.39%), Magnesium: 64.21mg (16.05%), Fiber: 3.95g (15.81%), Vitamin E: 1.4mg (9.35%), Vitamin A: 399.1IU (7.98%), Folate: 30.44µg (7.61%), Calcium: 69.16mg (6.92%)