



## Turkey Stew with Root Vegetables



Gluten Free



Dairy Free

READY IN



160 min.

SERVINGS



6

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 3 pounds turkey thighs bone in (preferred) (skin on, )
- ☐ 1.5 cups medium-large onion yellow peeled roughly chopped
- ☐ 1.5 cups celery roughly chopped
- ☐ 2 teaspoons salt
- ☐ 4 cups vegetable stock
- ☐ 1 cups carrots peeled
- ☐ 1 medium turnips peeled

- ☐ 1 medium rutabaga peeled halved cut into 1/ slices
- ☐ 3 medium yukon gold potatoes peeled quartered
- ☐ 1 teaspoon herbs de provence
- ☐ 6 servings pepper black freshly ground

## Equipment

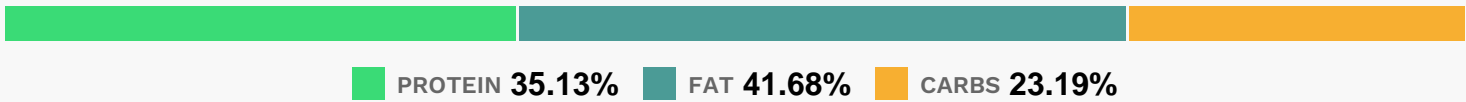
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ stove
- ☐ dutch oven

## Directions

- ☐ Brown the turkey thighs: Preheat oven to 300°F.
- ☐ Heat olive oil on medium high heat in a Dutch oven on the stove top. Wash and pat dry turkey pieces. Working in batches if necessary, brown the turkey thighs, first skin side down, 2–3 minutes on each side.
- ☐ Sprinkle the thighs with a little salt as you brown them.
- ☐ Cook the onions and celery: Once the thighs have browned, remove them from the pan and set them in a bowl.
- ☐ Add the onions and celery to the pot. Cook for about 5 minutes or so, until the onions are translucent and starting to brown at the edges.
- ☐ Add turkey thighs, salt, half of the stock: Return the turkey thighs to the pot.
- ☐ Add 2 teaspoons of salt and half of the stock. Bring to a simmer, remove from the stove top and put in the oven, covered, for an hour and fifteen minutes.
- ☐ Add rest of vegetables and remaining stock: After an hour and fifteen minutes, remove from oven and add the rest of the vegetables—carrots, turnips, rutabaga, and potatoes, the herbs, and the rest of the stock.
- ☐ Return to the oven, covered, and cook until tender, another 45 minutes or more.

- ☐ Strip meat from turkey thighs, return to stew:
- ☐ Remove the turkey thighs from the stew and place in a bowl to cool. When cool enough to handle, strip the meat off the bones. Discard the bones and skin.
- ☐ Cut the meat into bite-sized pieces (1 1/2-inches or so chunks) and return to the pot.
- ☐ Sprinkle with black pepper and add more salt to taste.

## Nutrition Facts



## Properties

Glycemic Index:68.6, Glycemic Load:17.01, Inflammation Score:-10, Nutrition Score:35.564347992773%

## Flavonoids

Apigenin: 3.2mg, Apigenin: 3.2mg, Apigenin: 3.2mg, Apigenin: 3.2mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 1.39mg, Myricetin: 1.39mg, Myricetin: 1.39mg, Myricetin: 1.39mg Quercetin: 8.89mg, Quercetin: 8.89mg, Quercetin: 8.89mg, Quercetin: 8.89mg

## Nutrients (% of daily need)

Calories: 529.1kcal (26.45%), Fat: 24.29g (37.38%), Saturated Fat: 6.85g (42.81%), Carbohydrates: 30.41g (10.14%), Net Carbohydrates: 24.92g (9.06%), Sugar: 8.69g (9.65%), Cholesterol: 140.61mg (46.87%), Sodium: 2456.09mg (106.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.07g (92.14%), Vitamin B12: 9.07µg (151.2%), Selenium: 91.9µg (131.29%), Vitamin A: 4021.69IU (80.43%), Zinc: 9.92mg (66.13%), Vitamin C: 42.18mg (51.13%), Phosphorus: 501.48mg (50.15%), Vitamin B2: 0.78mg (45.75%), Vitamin B6: 0.88mg (44.22%), Potassium: 1334.69mg (38.13%), Vitamin B3: 7.22mg (36.08%), Iron: 4.86mg (26.98%), Vitamin B1: 0.4mg (26.64%), Vitamin B5: 2.38mg (23.81%), Fiber: 5.48g (21.94%), Magnesium: 83.1mg (20.78%), Copper: 0.39mg (19.69%), Manganese: 0.38mg (18.88%), Vitamin K: 18.03µg (17.17%), Folate: 53.65µg (13.41%), Calcium: 92.57mg (9.26%), Vitamin E: 1.11mg (7.4%)