

AFRICAN INSPIRED TURKEY AND PEANUT STEW



Nutritional Information

Per serving

Calories:	330 (1/8th recipe)
Protein:	23 g
Fat:	13 g
Carbohydrates:	33 g
Sodium:	910 mg

Credit

Nicole Harling / Culinary Cool

🕒 Serves: 6-8 ⌚ Prep Time: 15 mins ⌚ Cook Time: 20 mins

Ingredients

2 tbsp canola oil
1 cup chopped yellow onion
2 tbsp minced garlic
1 tbsp minced ginger
4 cups vegetable or poultry broth
½ cup smooth peanut butter
1 tsp chili powder
1 tsp smoked paprika
1/8 tsp red pepper flakes or more if you like it spicy
1 cup diced red pepper
1 medium sweet potato, peeled and cut into ½ inch pieces – about 4 cups
1 796 ml can diced or crushed fire-roasted tomatoes
1 lb turkey breast, cut into ½ inch pieces, and sprinkled with salt and pepper
1 398 ml can chickpeas, drained and rinsed
2 cups tightly packed spinach
Salt and pepper to taste
Peanuts for serving
Cilantro for serving, optional

★ 1 tbsp curry powder
(more to taste)
Chopped cilantro stems

Subbed a chopped thai chili with more for garnish

We skipped the red pepper

We skipped the sweet potatoes

We used passata

Use leftover cooked turkey
Can add leftover gravy (we added several cups)

Subbed 1 c green lentils

Make it quick and easy: Prep your onions, garlic and ginger the night before and store in the fridge. You can also buy frozen chopped onions at most grocery stores, as well as ginger and garlic paste. Chop your red pepper and sweet potato the night before as well. To really speed things up, look for pre-cut sweet potatoes in the produce section. They're usually found in the coolers with the salads. Mise en place: have all your ingredients out on the counter before you start cooking, including the can opener. This soup comes together quickly, so it's important to have everything at arms reach, ready to go into the pot. Make sure your sweet potato is cut into uniform pieces to ensure it cooks quickly and evenly. The bigger the pieces, the longer you have to simmer it for. Same goes for the turkey - small, uniform pieces are key.

Directions

1. In a large pot over medium heat, add the oil. Sauté the onions, garlic and ginger until the onions are soft and translucent. ~~We added chopped cilantro stems and thai chili at this step~~
- ✗ While the onions are sautéing, take 1 cup of the broth, and mix it with the peanut butter until smooth (an emersion blender makes quick work of this step). Set aside.
3. Add in the chili powder, paprika and red pepper flakes to the pot and heat for 1 minute, stirring constantly. ~~Add curry powder, skip chili powder if using fresh chili~~
4. Add in the red pepper, sweet potato, tomatoes with their juices, ~~remaining~~ ~~plus the broth with~~ peanut butter. Mix to combine. ~~Add lentils. Can skip sweet potato and red pepper.~~
- ~~5. Add the turkey breast. Put the lid on the pot and bring to a simmer.~~
6. Simmer for 10-15 minutes, stirring occasionally, until the sweet potato is fork-tender ~~and the turkey has cooked through.~~ ~~Until lentils are tender, similar amount of time. Blend with an immersion blender.~~
7. Stir in the chickpeas and spinach and cook until the spinach has wilted. ~~Add gravy, and add more curry powder and smoked paprika to taste. Can skip chickpeas.~~
8. Season with salt and pepper. ~~Add cooked turkey.~~

Serve with peanuts and cilantro (optional)

Don't skip the cilantro. Add more thai chilies for extra heat.