

- SOUPS & SIDES -

GROUND TURKEY & SWEET POTATO GOULASH



prep time

1 hour 10 minutes



portion for

4 people



serve

hot

The Ingredients:

- 1 LB Ground Turkey (avoid ground turkey breast)
- 1 TBSP Olive Oil
- 1 medium Onion, diced
- 5 Garlic Cloves, thinly sliced
- 6 OZ Tomato Paste
- 1 large Chipotle Pepper, finely minced
- 4 CUPS Chicken Stock
- 1 large Sweet Potato, diced ½ inch
- 1 TSP Smoked Paprika
- ½ TSP Chili Powder
- 1 TSP Ancho-Chili Powder
- 1 TSP Garlic Powder
- 1 TBSP Light Brown Sugar
- 1 TBSP Spice of Life
- ¼ TSP Cayenne Pepper
- 1 TSP Ground Black Pepper
- ¼ TSP Cinnamon
- ⅛ TSP Nutmeg
- 2 TSP Cumin



Cooking Steps:

1. In a 4-6 quart Dutch oven, brown the turkey in the olive oil over medium high heat. Remove the turkey and set aside.
2. Lower the heat to medium and add the onions, garlic and ½ teaspoon Spice of Life. Cook until the onions are translucent.
3. Add the remaining spices stirring frequently for about 1 minute.
4. Stir in tomato paste and minced chipotle. Add the turkey back to the pot along with the chicken stock. Bring it to a simmer and add the sweet potatoes.
5. Cover and cook at a brisk simmer for about an hour. Check the sweet potatoes periodically. *(You want them to crush easily under pressure from a wooden spoon, but not completely dissolve into the goulash.)*

