

Spicy Bean and Turkey Stew



Makes:

9 servings, approximately 1 ½ cups (273g) each

Utensil:

10 Qt./9.5 L Roaster with Cover

Rate ★★☆☆☆

Recipe:

[Write a Review](#)

Recipe Description:

This delicious, low-fat crowd pleaser is also a cook-pleaser. With this recipe you can use one pan, make it ahead, and freeze it afterward for another occasion - how easy can it be?

3 cups
turkey or chicken, cooked and cubed
(556 g)
6 cups
chicken broth
(1.4 L)
5 ½ cups
tomatoes, diced with juice
(1.3 kg)
1 ½ cups
red kidney beans, rinsed and drained
(260 g)
1 ½ cups
pinto beans, rinsed and drained
(260 g)
1 ½ cups
black beans, rinsed and drained
(260 g)
1 ½ cups
garbanzo beans (chick peas), rinsed and drained
(250 g)
2 ¼ cups
corn kernels, frozen or cut off the cob
(370 g)
1 ½ cups
onions, strung, use Cone #2
(240 g)

g)
 1 - 2 jalapeno pepper, seeded and dices
 3 cloves
 garlic, minced
 4 ½ tablespoons
 chili powder
 (34
 g)
 3 tablespoons
 curry
 (19
 g)
 1 ½ teaspoons
 basil
 (2
 g)
 1 ½ teaspoons
 oregano
 (3
 g)
 1 ½ teaspoons
 thyme
 (2
 g)
 ½ teaspoon
 black pepper
 (1
 g)
 4 ½ tablespoons
 soy sauce, gluten-free
 (67.5
 mL)
 3 tablespoons
 Worcestershire sauce
 (45
 mL)

Directions:

1. Preheat roaster on medium heat. When several drops of water sprinkled on the pan skitter and dissapate, approximately 2 minutes, place meat into roaster and reduce heat to simmer. Stir-fry for approximately 1 ½ - 2 minutes until meat is seared.
2. Place all remaining ingredients into roaster and simmer uncovered for at least 2 hours.

Tips:

- This is a stew, more the consistency of chili than soup.
- Can use leftover turkey or chicken from another recipe for this dish.
- Freezes well.

Nutritional Information per

▼ Serving

Calories: 332
Total Fat: 4g
Saturated Fat: 1g
Cholesterol: 33mg
Sodium: 1744mg
Total 52g
Carbs:
Dietary Fiber: 14g
Sugar: 10g
Protein: 26g

