

# 11 Exquisite Turkey Stew



<b>Turkey thighs (821-8184)</b>	4.2 lbs.	1.90 kg
Frozen vegetable mix in a bag	3.9 lbs.	1.75 kg
Bay leaves, whole	2	
Garlic cloves, chopped	2	5 g
Thyme	10 ml 2 teaspoons	2 g
Water	3 L 12 cups	3 kg
Whole wheat flour	90 ml 6 tablespoons	45 g
Water	250 ml 1 cup	250 g

- : 10
- : 15 minutes
- : 4 hours
- : yes

Nutrition Facts	
For 1 portion (355 g)	
Amount	% Daily Value
<b>Calories</b> 240	
<b>Fat</b> 4.5 g	7%
Saturated 1.5 g	
+ trans 0 g	8%
Polyunsaturated 0.2 g	
Omega-6 0.1 g	
Omega-3 0 g	
Monounsaturated 0 g	
<b>Cholesterol</b> 65 mg	22%
<b>Sodium</b> 135 mg	6%
Potassium 320 mg	9%
<b>Carbohydrates</b> 27 g	9%
Fibre 6 g	24%
Sugar 6 g	
<b>Protein</b> 24 g	
Vitamin A 528 RE	50%
Vitamin C 2 mg	4%
Calcium 83 mg	8%
Iron 3.8 mg	25%
Phosphorus 108 mg	10%

- 1 Place all the ingredients in a stock pot and blend flour with water.
- 2 Cover and cook on low heat for 4 hours on stovetop.
- 3 Serve.

### Chef's Remarks

▪ Cranberries may be added to this dish to make it more festive for the Christmas season. This tasty dish is a classic, all year round.

### Canada's Food Guide Portions

2 ½ servings of vegetables and fruit + 1 ¼ servings of meat and alternatives.



### Olymel Product Allergens

\*Contains : none

### Food Exchange System

5 ½ servings of vegetables + 1 ½ servings of meat and alternatives.

\*Verified allergens : peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)