

Grain-Free Recipes for Turkey Leftovers

SPICY TURKEY AND SWEET POTATO GUMBO (ADAPTED FROM COOKINGLIGHT.COM)

Ingredients

2 (4-ounce) links hot turkey Italian sausage
1 cup chopped onion
1 cup chopped celery
1 cup chopped green bell pepper (optional)
4 garlic cloves, minced
¼ cup almond flour plus ¼ cup coconut flour
2 cups (1/4-inch) cubed peeled sweet potato
1 teaspoon dried thyme
1 teaspoon dried oregano
2 (14 1/2-ounce) cans chicken broth
1 (14 1/2-ounce) can diced tomatoes, undrained
1 bay leaf

Ingredients Cont.

2 cups chopped cooked white or dark-meat turkey
1/2 teaspoon hot sauce (optional)

Preparation

1. Remove casings from sausage. Cook sausage in a Dutch oven over medium heat until browned, stirring to crumble.
2. Add onion, celery, and bell pepper; cook 4 minutes, stirring frequently.
3. Add garlic; cook 1 minute.
4. Stir in flour; cook for 6 minutes or until lightly browned, stirring constantly.
5. Add sweet potato and next 5 ingredients (sweet potato through bay leaf); bring to a boil.
6. Cover, reduce heat, and simmer 30 minutes.
7. Add turkey; cook, uncovered, for 3 minutes.

TURKEY AND SPINACH STUFFED SWEET POTATOES (FROM PALEOMG.COM)

Ingredients

2 sweet potatoes or yams
2 tablespoons bacon fat
2 garlic cloves, minced
½ yellow onion, diced
½ pound turkey (or more, if you would like)
2 tablespoons hot sauce (optional)
1 teaspoon garlic powder
½ teaspoon cayenne pepper
5-6 cups fresh spinach
salt and pepper, to taste

Instructions

1. Preheat oven to 425 degrees.
2. Poke holes in sweet potatoes and wrap in foil. Place in oven and bake for 45-50 minutes.
3. Once the sweet potatoes have about 10 minutes left to cook, add 2 tablespoons of bacon fat to a large pan over medium-high heat.
4. Add garlic and onion to the pan.
5. Once onion is translucent, add ground turkey and break up with a wooden spoon.
6. While the turkey is cooking, add hot sauce, garlic powder, and cayenne pepper to the meat and mix well.
7. When turkey is done cooking, add spinach and cover to help the spinach steam, then mix with the meat.
8. Add salt and pepper to taste, then remove from heat.
9. When the sweet potatoes are done cooking, cut open and mash insides up with a fork. Then add the turkey mixture to the inside.
10. And eat!!



TURKEY POT PIE (FROM RECIPES.SPARKSPEOPLE.COM)

Ingredients

For the filling:

1 small onion, chopped
1 tbs butter or 1 tsp coconut oil
1 1/2 cups leftover turkey, cut into chunks
2 cloves garlic, minced
2 carrots, chopped
1/2 cup button mushrooms, sliced
1/2 cup chicken stock
1 tbs arrowroot powder

For the topping:

2/3 cup almond flour
1/8 tsp salt
1/4 tsp baking powder
1/2 a beaten egg

Directions

For the filling:

1. In a large pan with lid, melt the butter and sauté the veggies and garlic over medium heat.
2. Add in the turkey chunks and chicken stock.
3. Make slurry with the arrowroot powder and a little bit of cold water.
4. Add the slurry into the stock and turkey mixture.
5. Lower heat and cook until the stock thickens.
6. Remove from heat and distribute evenly to 2 ramekins or small bowls.

Preheat the oven to 350 F

For the topping:

1. Mix all dry ingredients together.
2. Mix the egg and the water in a separate bowl.
3. Combine the dry and the wet ingredients together.
4. Spread the dough evenly on the ramekins filled with the turkey mixture.
6. Bake in the oven for 20-25 minutes until the crust is golden.

TURKEY LETTUCE WRAPS

Ingredients:

2 cups cooked turkey, finely diced or shredded
Your favorite veggies, such as carrots, onion, tomato, avocado, cucumber, peppers, sprouts, etc.
Your favorite condiments, such as mustard, oil & vinegar, etc.
Romaine lettuce leaves

Instructions:

Layer turkey and veggies on romaine lettuce, top with condiments, and serve inside rolled up romaine lettuce leaves.

Note: Instead of using lettuce as the wrap, try substituting the conventional bread slices with another healthy alternative like bell pepper, cooked or raw cabbage leaves, seaweed sheets, cooked Portobello mushrooms, sliced eggplant, or fully round apple slices from a carefully cored apple.



BONE BROTH (ADAPTED FROM REDLEAFCLINIC.COM)

Bone broth has lost some of its popularity in recent years and may remind you of something from your Grandma's kitchen back in the day. In addition to being a delicious base for soups and stews, bone broth is an amazing source of glycosaminoglycan's (GAGS). These compounds, which include chondroitin sulfate, form much of the structure of our connective tissue and can be used to support the health of the teeth, bones, gums, ligaments, cartilage, joints and intestinal tract. Grandma was on to something with her prescription of chicken soup for every illness, based on an understanding of the way that these broths can help to soothe and heal our digestive tract and also support the immune system.

Basic Bone Broth Recipe

Prep: Bones from turkey can be used to make a good broth or stock. Bones can be saved in storage bags in the freezer until you are ready to make up a batch of stock. Remember: bones from free-range or organic animals are best.

Add ingredients: To make the broth, start by removing any leftover meat from the bones. Then, fill a large stock pot with the bones. Just cover the bones with water and add a few cut up carrots, celery, garlic, and onions, a few bay leaves, and any other seasonings that are desired, such as sea salt, pepper, parsley, sage, rosemary, or thyme. It is important to add 1/4 cup of apple cider vinegar (or another acidic ingredient). The acid will help to draw additional minerals out of the bones.

Simmer: Bring the pot slowly to a gentle simmer, but not to a boil. If the pot boils more vigorously, it tends to make a less tasty broth. Often some 'scum' will rise to the top of the pot at the beginning of the simmer; this can be skimmed off with a strainer or a spoon and discarded. Just let the pot simmer on the stove for a minimum of 8 hours, all the way up to 24 hours. The longer the bones simmer, the more GAGs and minerals will be drawn from them. Simply give them an occasional stir.

Enjoy now or save for later. The broth is delicious to drink hot and is great to use as a base for soups and stews. Once the broth is done simmering, turn off the heat, allow it to cool, and then remove the bones and strain the broth. After it cools, put the broth in containers to refrigerate. Bone broth stays fresh about one week in the refrigerator, or it can be frozen.

The book, *Nourishing Traditions*, by Sally Fallon, has an excellent section on making bone broths, and more to say about their healing benefits, too.



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