

# THINK TURKEY™

*Soups, Stews and Slow Cooker Meals*



# *Safe Handling Guidelines*

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- Never thaw turkey at room temperature.
- Always wash hands in hot soapy water before preparing foods and handling raw meat.
- Washing or rinsing meat and poultry prior to cooking is not necessary and may promote cross contamination to other foods.
- Do not let raw meat or juices touch ready-to-eat foods—either in the refrigerator or during preparation.
- Do not put cooked foods on the same plate that held raw product.
- Wash and rinse utensils, dishes and surfaces used for cutting turkey with hot soapy water.
- Uncooked ground turkey can be stored in the refrigerator for 2-3 days, or in the freezer for 2 to 3 months.
- Turkey parts can be stored in the refrigerator for 2-3 days, in the freezer for 6 months.
- Cooked turkey may be stored for up to 4 days in the refrigerator or up to 3 months in the freezer.
- When reheating, make sure the turkey reaches a temperature of 165°F (74°C).

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## *Homemade Turkey Stock*

### **INGREDIENTS:**

4.4 lbs   2 kg	turkey bones, raw & rinsed in cold water
4	garlic cloves, skin-on and coarsely chopped
2 medium	onions, peeled & coarsely chopped
2 medium	carrots, peeled & coarsely chopped
3	celery stalks, coarsely chopped
1	bay leaf
6 sprigs	fresh Italian parsley
2 sprigs	fresh thyme
6	black peppercorns
2 gallons   8 ltrs	cold water

### **DIRECTIONS:**

Place all stock ingredients into a large soup or stock pot. Bring to a low boil and simmer for 2-3 hours, skimming as required. Strain broth through a fine sieve then separate into smaller containers to cool as quickly as possible. Store and use in your favourite recipes.



# Turkey Noodle Soup

**SERVES: 6-8 | PREP TIME: 10 MINS | COOK TIME: 45 MINS**

## INGREDIENTS:

1 lb   450 g	boneless, skinless turkey breast, diced
1 tbsp   15 ml	olive oil
8 cups   2 litres	turkey stock, homemade or low-sodium*
1/2 cup   125 ml	white onion, diced
1/2 cup   125 ml	leeks, chopped (white part only)
1 cup   250 ml	carrots, diced
1/2 cup   125 ml	celery, diced
1/2 cup   125 ml	broad egg noodles
2 tbsp   30 ml	fresh dill, chopped
2 tsp   10 ml	fresh parsley, chopped
to taste	sea salt
to taste	fresh ground black pepper

*\* See homemade turkey stock recipe on page 2*

## DIRECTIONS:

1. In a soup pot, sauté onions, leeks, carrots, and celery in olive oil over medium heat.
2. Add stock and diced turkey and bring to a gentle boil.
3. Add noodles and simmer until they are soft, approximately 10 minutes.
4. Add dill, parsley, sea salt and freshly ground black pepper to taste.

**MAKE IT WITH LEFTOVERS!**









# Slow Cooker Turkey Tagine

**SERVES: 4-6 | PREP TIME: 15 MINS | COOK TIME: 5.5 HRS**

## INGREDIENTS:

3.3 lbs   1.5 kg	turkey thighs, bone-in, skin removed
2 tbsp   30 ml	olive oil
1/2 cup   125 ml	onion, diced
1 tsp   5 ml	garlic, diced
1 medium	red or yellow pepper, diced
1/2 cup   125 ml	carrot, peeled, quartered and cut into 1 inch lengths
1 (796 ml) can	low sodium tomatoes (whole or diced, not crushed)
2 tsp   10 ml	mild paprika
2 tsp   10 ml	ground cumin
1 tsp   5 ml	dried oregano
1 tsp   5 ml	ground coriander
1/2 tsp   2.5 ml	cinnamon
1 tsp   5 ml	dried chilies (optional)
1 1/2 tsp   7.5 ml	sea salt
1/4 tsp   1.25 ml	freshly ground black pepper
1 (540 ml) can	chick peas, drained and rinsed
1/2 cup   125 ml	zucchini, quartered and cut into 1 inch lengths

## DIRECTIONS:

1. Heat oil in a skillet and brown thighs then transfer them to slow cooker. Add onion, garlic, pepper and carrot to skillet and lightly brown. Drain tomatoes, puree in a food processor, and then add to the skillet and simmer with vegetables for 5 minutes. Add spices and then transfer to slow cooker. Add chick peas to slow cooker.
2. Place lid on slow cooker then cook on low setting for 5 hours.
3. Stir in zucchini and set to high for 30 minutes or until zucchini is tender.
4. Serve over steamed couscous or rice.

# Turkey and Guinness Stew

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**SERVES: 6-8 | PREP TIME: 10 MINS | COOK TIME: 45 MINS**

## INGREDIENTS:

2 lbs   900 g	turkey thighs
2 tbsp   30 ml	olive oil
1/4 cup   65 ml	thickly sliced bacon or turkey bacon, finely chopped
1 cup   250 ml	onion, diced
2 cups   500 ml	carrots, coarsely chopped
1/2 cup   125 ml	celery, coarsely chopped
2 tbsp   30 ml	garlic, finely chopped
1 cup   250 ml	Guinness beer
3 cups   750 ml	baby red potatoes, halved or quartered
1/2 cup   125 ml	ripe tomatoes, peeled, seeded and finely chopped
1 cup   250 ml	turkey or chicken stock
1 tsp   5 ml	fresh rosemary
1	bay leaf
1 tsp   5 ml	sea salt
1/4 tsp   1.25 ml	freshly ground black pepper
1 tsp   5 ml	cornstarch (optional)

## DIRECTIONS:

1. Heat a heavy bottom pot to medium high heat. Remove skin from thighs. Remove bone and cut into 2-3 inch pieces. Sauté turkey thighs in olive oil until golden brown and set aside.
2. Sauté bacon, onions, carrots, celery and garlic in remaining olive oil until lightly coloured.
3. Add beer to deglaze pot and continue cooking to reduce liquid by half.
4. Add potatoes, tomatoes, stock, rosemary, bay leaf and return to a simmer.
5. Return turkey thighs to pot, cover and cook for approximately 30 minutes until potatoes are fully cooked.
6. Thicken the sauce by adding a teaspoon of cornstarch dissolved in a tablespoon of cold water to the boiling liquid. Season with salt and pepper to taste.









# Turkey Chili with Dark Ale

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**SERVES: 6 | PREP TIME: 20 MINS | COOK TIME: 60 MINS**

## INGREDIENTS:

2 lbs   900 g	ground turkey
1/4 cup   65 ml	olive oil
2 cups   500 ml	onion, diced
1 cup   250 ml	celery, diced
2 tbsp   30 ml	garlic, finely chopped
1 cup   250 ml	yellow bell pepper, seeded and diced
1 tbsp   15 ml	jalapeno pepper, seeded and finely chopped
2 tsp   10 ml	sea salt
1 tbsp   15 ml	paprika
1/4 tsp   1.25 ml	cayenne pepper
1 tbsp   15 ml	smoked paprika
1 tbsp   15 ml	ground cumin
1 tsp   5 ml	black pepper
2 tbsp   30 ml	cocoa powder
1 tbsp   15 ml	Worcestershire sauce
1 – (26 oz   796 ml) can	whole tomatoes, diced
1 – (26 oz   796 ml) can	whole tomatoes, pureed
2 – (4 oz   127 ml) cans	chopped green chilies
1 – (18 oz   540 ml) can	white kidney beans, rinsed and drained
1 cup   250 ml	dark beer

## DIRECTIONS:

1. In a non-stick pan, sauté ground turkey in batches with olive oil. Cook until lightly browned.
2. Transfer to a medium pot.
3. Sauté onion, celery, garlic and peppers until lightly browned and transfer to pot.
4. Add all other ingredients and simmer, stirring occasionally, for about one hour.



# Turkey Sausage & Seafood Chowder

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**SERVES: 6-8 | PREP TIME: 20 MINS | COOK TIME: 40 MINS**

## INGREDIENTS:

1 package (375g)	Granny's Mediterranean Turkey Sausage, sliced into bite-size pieces
1 tbsp   15 ml	olive oil
1 tbsp   15 ml	butter
1 cup   250 ml	yellow onion, diced
1 cup   250 ml	carrot, diced
3/4 cup   185 ml	celery, diced
2 cups   500 ml	red potato, peeled and diced
1-5 oz can (142 g)	baby clams (with juice)
2 cups   500 ml	homemade or low-sodium turkey stock*
2 cups   500 ml	18% half-and-half cream
1 cup   250 ml	jumbo shrimp, peeled and diced
1 tsp   5 ml	sea salt
1/4 tsp   1.25 ml	fresh black pepper
1 tbsp   15 ml	parsley, chopped

*\* See homemade turkey stock recipe on page 2*

## DIRECTIONS:

1. In a soup pot over medium-high heat sauté sausage, onion, carrot and celery in oil and butter until lightly browned.
2. Add potatoes, clams, stock and cream.
3. Bring to a simmer.
4. Cook on low for approximately 30 minutes until potatoes are no longer hard.
5. Add shrimp, salt and pepper and simmer for an additional 10 minutes.
6. Add parsley and serve hot.









# *Slow Cooker Spaghetti Meat Sauce*

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**SERVES: 4-6 | PREP TIME: 15 MINS | COOK TIME: 6.5 HRS**

## **INGREDIENTS:**

2 lbs   900 g	ground turkey
3 tbsp   45 ml	olive oil
3 cups   750 ml	onion, finely chopped
2 cups   500 ml	carrot, finely chopped
1 cup   250 ml	celery, finely chopped
2 tsp   10 ml	garlic, finely chopped
2 (796 ml) cans	low sodium whole tomatoes
2 tsp   10 ml	dried oregano
4 tsp   20 ml	dried basil
1 tbsp   15 ml	sea salt
¼ tsp   1.25 ml	freshly ground black pepper

## **DIRECTIONS:**

1. Heat half of the oil in a skillet and brown meat; transferring it to slow cooker once browned.
2. Add remaining oil, onion, carrot, celery and garlic to skillet and lightly brown.
3. Drain tomatoes, purée in a food processor; and then add to the skillet and simmer with vegetables for 5 minutes. Add herbs and spices and transfer to slow cooker. Place lid on slow cooker then cook on low setting for 6 hours.
4. Serve with your favourite pasta and fresh Parmesan cheese (cooked separately).

## *About Turkey Farmers of Canada*

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Turkey Farmers of Canada (TFC) is a national organization representing Canada's 500+ turkey farmers. Created in 1974 under the federal Farm Products Agencies Act, the Agency encourages cooperation throughout the Canadian turkey industry, promotes the consumption of turkey meat, and oversees the supply management system for turkey in Canada.

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