

Turkey and Lentil Chowder

with Corn and Formosa Oolong Tea

TOTAL COOKING TIME: 1 hour 15 minutes

MEAT AND BROTH:

1 lb cooked turkey, shredded or diced
4 C chicken or turkey stock
2 C brewed Formosa Oolong tea

1 C green or brown lentils, rinsed
2 T olive oil
Salt and pepper to taste

VEGETABLES:

2 C corn kernels (fresh or frozen)
2 lg potatoes, peeled and diced
1 lg onion, finely chopped
4 cloves garlic, minced

3 carrots, peeled and diced
2 celery stalks, diced
1 C peas (fresh or frozen)

SEASONINGS AND HERBS:

2 bay leaves
1 t dried thyme
1 t dried oregano
1/2 t ground cumin

1/2 t smoked paprika
Fresh cilantro or parsley, chopped (for garnish)

SAUTÉ THE VEGETABLES: Heat the olive oil in a large pot over medium heat. Add the onion, garlic, carrots, celery, and peas. Sauté until the vegetables are softened, about 5-7 minutes.

COMBINE INGREDIENTS: Add the brewed Formosa Oolong tea, chicken or turkey stock, lentils, corn, potatoes, bay leaves, thyme, oregano, cumin, and smoked paprika. Stir to combine.

SIMMER THE CHOWDER: Bring the mixture to a boil, then reduce the heat to low. Cover and let it simmer for about 30-40 minutes, or until the lentils and potatoes are tender. Stir occasionally and adjust seasoning with salt and pepper as needed.

ADD TURKEY: Stir in the cooked turkey and let it heat through for about 10 minutes.