

## RECIPES

### Turkey Green Chile

Turkey makes terrific picadillos (ground meat fillings) that are a welcome change from the usual ground beef. Turkey is also nutritious, especially when the fat content is kept to moderate. New Mexico style green chile stews are one of my favorite foods, and you will find one from *Naturally Healthy Mexican Cooking* called Naturally Healthy Green Chile Stew made with the more traditional pork and beef on this site. Because the turkey does not need cutting or grinding, this version is quick and easy to prepare. Unfortunately, you still need to roast and peel the chiles, but it is otherwise a snap. The way flavor is blended into the broth makes it especially tasty! A great and healthful weeknight treat, it is delicious served with beans, rice, or as a filling for tacos. The recipe makes about 1 ½ pounds or six one-half cup servings, each with about 230 calories. It makes enough to fill 8 tacos.

### Turkey Green Chile

#### Ingredients

4 cloves garlic, minced  
1 cup onions, chopped  
3 roasted and peeled poblano chiles  
1 roasted medium-sized serrano chile, chopped  
 $\frac{1}{4}$  cup coarsely chopped cilantro  
 $\frac{3}{4}$  teaspoon oregano  
 $\frac{1}{4}$  teaspoon cumin  
2 ½ cups water  
1 ½ tablespoons olive oil  
1 ¼ pounds ground turkey  
1 tablespoon flour  
2/3 cup chopped tomatoes  
2 bay leaves  
1 ½ teaspoons rice vinegar  
Heaping  $\frac{1}{2}$  teaspoon salt



#### Directions

- 1. Make the broth.** Put 3 of the chopped garlic cloves into a blender and add  $\frac{1}{4}$  cup of the onion, 1 poblano, the serrano, cilantro, oregano and cumin. Puree with the 2 cups water and eserve.
- 2. Brown the onions and cook the remaining garlic.** Heat a Dutch oven over medium-high heat, add  $\frac{1}{2}$  tablespoon of the olive oil and cook the remaining  $\frac{3}{4}$  cup onions until they begin to brown, stirring constantly. Add the remaining garlic clove, and cook a few more seconds, but do not allow it to scorch. Remove and reserve the onions and garlic.
- 3. Brown the meat and finish the dish.** Keeping the pot at medium-high, add the remaining tablespoon of olive oil and then the turkey. Cook the turkey, breaking it into pieces as small as possible with a large

spoon until it has browned, and pour off any excess liquid. Sprinkle on the flour and continue cooking and stirring for another minute or two, Add the reserved onions and garlic, the remaining poblanos and the blended broth mixture. Add the tomatoes, bay leaves, vinegar, and salt. Cook at a low simmer for 45 - 50 minutes, adding more water, if necessary.