

BRAISED TURKEY LEG

SERVES 10

INGREDIENTS

- · 3 pounds turkey legs
- · 4 large fresh heirloom tomatoes
- · 1 each fresh leeks, sliced
- ·1 each fresh white onion, diced fine
- · 1 cup fresh carrots, diced
- ·1 each fresh garlic cloves, peeled, chopped
- · 3 tablespoons canola oil
- · 2 quarts water
- · 1 quart fresh kale, chopped

DIRECTIONS

In a large pot heat oil, add turkey legs and sear on both sides for about 4-5 minutes on each side. Then add garlic, leeks and white onion, let cook for about 2 minutes or until onions are transparent. After that add in carrots, tomatoes and water, then cook for 30 minutes. Cook for 1 hour or until turkey is soft and tender. Remove bones and serve in 4-ounce portions. immediately.

Side dishes

Pumpkin Porridge Lima Beans Topped With Toasted Pumpkin Seeds







