



Turkey Mulligatawny

Servings	Active Time	Total Time
4 to 6	20 minutes	45 to 60 minutes

Ingredients:

2 Tbsp.	ghee or vegetable oil*	1/2 ea.	serrano pepper
1 1/2 cups	diced red onions		or a pinch of cayenne, to taste***
1 Tbsp.	minced ginger	1 cup	diced bell pepper
2 ea.	garlic clove, minced	1 cup	peeled diced sweet potato
1 tsp.	ground turmeric	1 large	tomato, diced
1/4 tsp.	ground cumin	4 cups	turkey or chicken broth
1/4 tsp.	ground coriander	1/4 tsp.	ground cardamom
1/4 tsp.	coleman's mustard powder	3/4 cup	coconut milk
1/4 tsp.	ground black pepper		salt to taste
1 1/2 cups	minced cooked turkey		fresh chopped cilantro
1 Tbsp.	seedless tamarind paste**		fresh lime juice

Directions

Heat ghee or vegetable oil in a dutch oven or medium saucepan set over medium heat. Add onions and ginger and cook for about 5 to 8 minutes until the onions are translucent and just beginning to brown.

Add garlic, turmeric, cumin, coriander, mustard, and black pepper. Cook for 30 seconds until fragrant. Add turkey, tamarind paste, and a pinch of salt and cook for about 5 minutes more, stirring to coat the chicken with the onion and spice mixture.

Add serrano or cayenne, bell pepper, sweet potato, tomato, chicken broth, and cardamom. Bring the mixture to a boil then lower the heat to a simmer. Cook gently for about 20 minutes until the sweet potatoes are tender. Add coconut milk and salt to taste and simmer for 5 minutes more.

Serve with fresh cilantro and lime juice.

Recipe Notes:

*Butter makes everything taste better. You can use vegetable oil here, but you'll notice the difference in sweetness and richness that butter and ghee adds to the dish.

**No tamarind paste, no problem. Substitute shredded apple and a little vinegar or apple butter for the desired sweet & sour flavor.

***The heat is up to you. Add as little or as much as you prefer.