

Curried Ground Turkey with Potatoes

Serves 4

Ingredients:

3-4 tablespoons vegetable oil
1 tablespoon garam masala (can substitute curry powder)
1 teaspoon turmeric
1 teaspoon ground cumin
1 teaspoon ground coriander
1 pound ground turkey
1 onion, chopped
1-2 fresh red chiles (optional)
1-inch ginger, peeled and minced
2 cloves of garlic, minced
½ cup water
2 large Yukon Gold potatoes, cut into ½ inch cubes
1 cup carrots, chopped
3 tomatoes, diced
1 cup frozen peas
½ teaspoon salt or to taste
½ cup cilantro, chopped for garnish

Procedure:

1. Heat the vegetable oil over medium-high heat in a large pan or skillet with a lid. Add the garam masala, turmeric, cumin, and coriander to the pan, stirring with a wooden spoon and heating them just until they start to release some of their aroma.
2. Add the ground turkey, spreading it out over the pan. Cook the meat, with limited stirring, until it begins to brown.
3. Add the chopped onion and chiles then stir and sauté for 4-5 minutes, or until the onions begin to brown. Season with salt.
4. Add the grated ginger and garlic and sauté for another 1-2 minutes.
5. Mix in the potatoes. Add the water and cover.
6. Turn the heat down to medium-low, and simmer for 5 minutes, then add the carrots and continue to simmer for another 5 minutes or until the potatoes are tender.
7. Once the potatoes are tender, add the diced tomatoes and peas. Mix well and cover the pot. Cook for an additional 2-3 minutes adding salt, if needed, to taste.
8. Add the chopped cilantro and serve either alone or with rice.