

BBQ Turkey Goulash with Beans

Courtesy of Carole's Creations

Prep Time: 15 minutes

Slow Cooking Time: 5-6 hours on high or 8-9 hours on low

Serves: 6

CChints: This budget cutting recipe is packed with flavor. It's hard to find skinless turkey thighs so most of your prep time is in cutting off the skin. You can do most of the prep the night before to save you time in the morning.



2 pounds bone-in, turkey thighs

14 ounce can Black beans, rinsed and drained

1 medium onion, diced

2 stalks of celery, diced

14.5 ounce can diced tomatoes with basil, garlic and oregano, not drained

14 ounce can Field Peas with Snaps, like Glory Foods® brand

1 cup BBQ sauce, we used Honey BBQ

2 tablespoons prepared mustard or 1 teaspoon spicy mustard

1 teaspoon Smoked Paprika

1 teaspoon cumin

2 gloves minced garlic, fresh or from a jar

1/2 teaspoon salt and dash of pepper

4 servings of cooked brown or whole grain rice

Side salad or vegetable of your choice

Garnish with 3 sliced green onions, optional

Rinse the turkey, cut off any excess fat, and lay on paper towels. If you need to skin it, do that now and set aside on a plate. Make sure you wash all items that came in contact with the raw turkey.

Open and start the beans draining while you prepare the other ingredients.

Get out your slow cooker and add the onions and celery to the pot. Add the tomatoes through salt and pepper to the cooker and stir these items together. Add the turkey and let them sink into the mixture. Turn the slow cooker on to the desired temperature for the time you need the ingredients to cook.

Before serving you need to prepare rice and a side item. The rice you select will determine how much work you need to do before serving your goulash. Rice can take 5 to 25 minutes to prepare. Cook according to package directions. While the rice is cooking, gently remove the 2 turkey thighs and place them on a cutting board or plate to remove the meat from the bones. The meat should be so tender it falls off the bone. Use a fork to shred the meat and return it to the slow cooker. Discard the bones. Prepare your salad or side vegetable.

To serve put a serving of rice on each plate and top with a healthy scoop of the BBQ goulash. Serve with your side item and enjoy. For a little added flavor, garnish with slice green onions.

Caroleicious!