

Cajun-Style Stew with Andouille and Turkey

*Culinary Institute of America
Treasure Coast Newspapers*

Servings: 8

*1 tablespoon vegetable oil
8 ounces tasso (or other smoked ham), cut into 3/4-inch pieces
12 ounces andouille sausage, sliced 1/4-inch thick
1 green bell pepper, cored and thinly sliced
1/2 medium yellow onion, thinly sliced
2 stalks celery, thinly sliced on the bias
4 cloves garlic, minced
2 tablespoons tomato paste
1 1/2 cups amber beer
2 cups chicken broth
3/4 teaspoon dry thyme
3/4 teaspoon dry oregano
1/2 teaspoon cayenne pepper
1/2 teaspoon ground cumin
1 1/2 teaspoons chili powder
1 teaspoon Kosher salt
1/4 teaspoon freshly ground black pepper
2 cups turkey meat, roughly shredded
4 cups cooked long-grain rice (for serving)
4 tablespoons chopped flat-leaf parsley (for garnish)*

Preparation Time: 25 minutes

In a large pot over medium-high heat, heat the oil. Add the ham and sausage. Cook, stirring occasionally, until browned around the edges, about 5 minutes.

Add the pepper, onion and celery. Cook until translucent, about 4 minutes. Add the garlic and cook until fragrant, about 1 minute.

Add the tomato paste. Stir. Cook until the paste deepens to a rust color. Add the beer and broth. Stir to combine, scraping up the brown bits from the bottom of the pot. Add the thyme, oregano, cayenne, cumin, chili powder, salt, pepper and turkey meat.

Reduce to a simmer. Cook, covered, until the flavors have blended, about 20 minutes.

Serve over cooked rice, garnished with parsley.

Per Serving (excluding unknown items): 41 Calories; 2g Fat (47.1% calories from fat); 2g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 473mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat.