



Smart Turkey and Mushroom Stew with Potatoes and Spinach

Smart Meal

25 Minutes

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or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ground Beef
250 g | 500 g



Beyond Meat®
2 | 4



Ground Turkey
250 g | 500 g



Red Potato
150 g | 300 g



Thyme
7 g | 7 g



Garlic, cloves
2 | 4



Chicken Broth Concentrate
2 | 4



Mirepoix
113 g | 227 g



Baby Spinach
56 g | 113 g



Mushrooms
227 g | 454 g



Gravy Spice Blend
2 tbsp | 4 tbsp



Garlic Salt
½ tsp | 1 tsp



Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, salt, pepper

Cooking utensils | Medium bowl, measuring spoons, measuring cups, large pot

1



Prep

- Before starting, wash and dry all produce.

- Strip **1 tbsp** (2 tbsp) **thyme leaves** from stems, then roughly chop.
- Cut **potatoes** into ½-inch pieces.
- Peel, then mince or grate **garlic**.
- Thinly slice **mushrooms**.
- Roughly chop **spinach**.

2



Cook turkey

Swap | **Ground Beef**

Swap | **Beyond Meat®**

- Heat a large pot over medium heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **garlic, turkey** and **thyme**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**
- Season with **½ tsp** (1 tsp) **garlic salt** and **pepper**.
- Transfer **turkey** to a medium bowl.

3



Start stew

- Add **½ tbsp** (1 tbsp) **oil** to the same pot, then **mushrooms** and **mirepoix**. Cook, stirring occasionally, until softened, 3-4 min.
- Season with **salt** and **pepper**.

4



Cook stew

- Add **potatoes** to the pot.
- Sprinkle **Gravy Spice Blend** over **veggies**, then stir to coat.
- Add **broth concentrate**, turkey and **1 ½ cups** (3 cups) **water**. Bring to a boil over high. (**TIP**: Add more water if you prefer a looser stew!)
- Once boiling, reduce heat to medium-low. Simmer, stirring occasionally, until **stew** thickens slightly and **potatoes** are cooked through, 12-14 min.
- Season with **salt** and **pepper**, to taste.
- Remove from heat.

5



Finish stew and serve

- Add **spinach** to **stew**. Stir until wilted, 1-2 min.
- Divide **stew** between bowls.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

2 | Cook

Swap | **Ground Beef**

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **turkey****

2 | Cook

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, prepare it the same way as the **ground turkey**. Increase cook time to 5-6 min, until crispy.**

** Cook to a minimum internal temperature of 74°C/165°F.



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