



# Smart Turkey and Mushroom Stew with Potatoes and Spinach

Smart Meal

30 Minutes

Customized Protein

+ Add

Swap

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



Plant-Based Ground Protein  
250 g | 500 g



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, pepper, salt

Cooking utensils | Large pot, measuring cups, measuring spoons, medium bowl

1



## Prep

- Before starting, wash and dry all produce.

- Strip **1 tbsp** (2 tbsp) **thyme leaves** from **stems**, then roughly chop **leaves**.
- 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 | Plant-Based Ground Protein

- 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 beef

Swap | Ground Beef

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

## 2 | Cook plant-based ground protein

Swap | Plant-Based Ground Protein

If you've opted to get **plant-based ground protein**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **turkey**, until cooked through.\*\*

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