

# Turkey Dinner Bowl

Yes, you can bring turkey dinner out to the backcountry! It's damn delicious, super easy to make and provides your body with tons of nutrients to keep you fuelled. As a bonus, this can be made vegan or vegetarian.



**Prep Time:** 20 mins    **Cooking Method:** dehydrating

**Cooking Time:** < 30 hours    **Yield:** 1

## Ingredients:

- 1/2 cup of dry **Stove Top Stuffing** (or you can make your own – see below)
  - If making, you will need 1/2 cup diced bread, 1 garlic clove and 1 tsp garlic powder, 1 tsp thyme, 1/2 tsp rosemary, 1/2 tsp sage, pinch salt and 1 tbsp butter or oil)
- 1/4 cup dehydrated ground turkey or freeze dried turkey (approx 1/3-1/2 cup raw)
- OR for vegan/vegetarian sub turkey with 1/4 cup pecans or walnuts
- 2 tbsp dried carrots (approx 1 large carrot raw)
- 1 tbsp dried onions (approx 1/4 onion raw)
- 1 tbsp dried celery (approx 1/2 celery stalk raw)
- 1-2 tbsp dried mushrooms (approx 2-4 mushrooms raw)
- 1-2 tbsp dried cranberries (approx 1/4 cranberries raw)
- 1 tbsp pepitas (optional – for added magnesium)
- 1 tbsp chia seeds (optional – for added fibre and calories)

Optional:

- Instant gravy packet (*pro tip: get one that only needs water!*)

## Directions:

1. If making your own stuffing, slice bread in 1/4" squares and dehydrate at 95° for 4-5 hours. To make it extra tasty, lightly fry the bread in some butter (or oil) and minced garlic before putting in the dehydrator. Remove from dehydrator and set aside.
2. Slice carrot, onion, celery, and mushrooms into 1/4" thick slices
3. Blanch carrots for 2 minutes. Drain and set aside.
4. Blanch cranberries for 2 minutes (skins should break). Drain and set aside.
5. Dehydrate vegetables & cranberries at 135° for approx 4-10 hours for vegetables; 24-30 hours for cranberries. (*Note: use fruit leather tray for garlic*)

## Turkey Dinner Bowl (cont'd)

6. Cook ground turkey until golden brown. (*avoid cooking with oil – use water as needed instead*).
7. Lightly rinse and drain turkey to rid of excess fats and oils.
8. Dehydrate turkey at 160° for approx. 7 hours
9. Combine all ingredients **except** instant gravy into a container. You will prepare the gravy just before eating the meal.
10. If you made your own stuffing, now is when you will add thyme, rosemary, sage, garlic powder and salt.

Voilà! Your turkey dinner in a bowl is ready to go! (see [how to rehydrate](#) below)

### Notes:

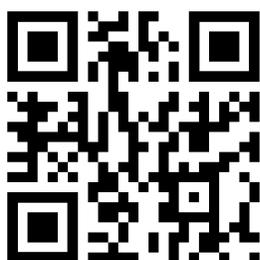
- You can make this vegetarian and/or vegan by replacing the turkey with 1/4 cup toasted walnuts or pecans (if doing so, you will need to use less water to rehydrate - I suggest using 1 cup water total)
- It saves a lot of time to skip dehydrating your own cranberries. There's no shame in buying them!
- Check out our post [Where to Buy Dehydrated and Freeze-dried Ingredients](#).
- Learn more about dehydrating from our [Dehydrating 101](#) post.

### How to Rehydrate Before Consumption:    Rehydrating Tips:

1. Add 1 & 1/4 cup boiling water (only 1 cup if using nuts instead of turkey)
  2. Stir
  3. Let sit for approx. 12 mins
  4. Stir & enjoy
- Use a container with a lid to contain as much heat as possible... Have a packable insulated container? Even better.
  - After soak time is finished, add more hot water if you find the meal dry or crunchy.



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### Nutrition Information

*\*Nutrition information is estimated using an online nutrition calculator.*

*Actual nutrition facts may vary.*

### Per Serving:

**Calories:** 428 kcal    **Protein:** 28g    **Carbs:** 61g    **Fat:** 11g    **Fibre:** 10g

**Sugar:** 10g    **Sodium:** 600mg    **Saturated Fat:** 0g    **Cholesterol:** 29mg