

## Brunswick Stew, Suppers Style

### Ingredients:

- Enough olive oil or coconut oil to coat the bottom of the soup pot
- 1 ½ pounds ground turkey, see alternatives below
- 2 onions, chopped
- 5 carrots, sliced
- 2 parsnips, diced
- 5 stalks celery, sliced
- 1 small head cabbage, shredded fine
- one can or similar amount cooked beans, like garbanzo or cannellini
- 1 cup brown rice, optional (not for carb watchers)
- At least 6 cups of broth (using the rice will require 2 cups more)
- 1 small bag frozen peas
- salt (may not need any), pepper, hot sauce to taste

### Directions:

Coat the bottom of the soup pot with a high quality fat or oil and heat

Add the meat and brown slightly

Stir in each vegetable and keep the heat on high as you add

Add the broth, beans and rice

Turn down heat to simmer until the rice is done, add the peas and simmer a few minutes more and season to taste

### Alternatives and Options:

We have also used chunks of other meat or fowl, ground meats and even tofu, which would be added at the end

We have also used chopped tomatoes and Italian seasonings; 2 inches of ginger minced, with ground lamb and curry spices; chopped green beans, turnips, potatoes, corn, and greens

At Suppers we regularly use small quantities of any of the following fats as long as we can get high quality, fresh versions: extra virgin olive oil, unrefined coconut oil, organic butter, the rendered fat of *healthy* animals, like duck fat