

TURKEY, SWEET POTATOES, PEAS, & ZUCCHINI SOUP

INGREDIENTS

- 2 turkey legs (organic)**
- 3 qt/3.3 L of pure revitalized or spring water**
- 2 sweet potatoes peeled, sliced and chopped into quarters**
- 1 zucchini sliced and chopped into quarters**
- 1 cup of organic frozen petite peas**
- 1 tsp of light grey Celtic sea salt**
- 6-8 shakes of organic garlic powder; or 1 small clove of garlic chopped**
- 5-6 shakes of organic dried turmeric**
- 4-5 shakes of organic dried sage; or 3-4 leaves chopped**
- 4 oz/113 gm of organic, gluten-free, brown rice fettuccine**

DIRECTIONS

Wash and place the turkey legs in a 3 ¾ qt/3.5 L pot and fill with water above the meat.

Add the chopped sweet potatoes. Cover, bring to a boil, then simmer for approximately 1 hour, more or less, until the meat is tender. Add more water as needed to keep the meat covered.

Remove the legs from the pot onto a dish. Remove the meat from the bones and cut into chunks.

Wash the zucchini, slice, and chop into quarters.

Rinse the petite peas in a strainer.

Add the chopped zucchini, petite peas, sea salt, garlic, and herbs to the soup.

Purée the ingredients into a creamy thick soup.

Adjust salt and herbs to taste.

Add the turkey chunks.

Cook on medium heat for 3-5 minutes.

Break the fettuccine into 3 sections and cook it in a separate pot.

Add the cooked fettuccine into the soup and stir. Warm

Pour into the bowls and serve.

ENJOY this deliciously nutritious soup!

Serves 2

Use **organic** ingredients

Suitable for blood types AB, B, & O

For blood type A, substitute the sweet potatoes for pumpkin

Turkey belongs to the *Aves* bird class of animals and the family of birds called *Phasianidae*. The most common breed belong to the genus and species of bird named *Meleagris gallopavo*. Indigenous to North and South America, **turkey** was an important part of the Native American culture. Turkeys were brought back to Europe by the Spanish and British.

Young turkeys are called 'poults.' Female turkeys are called hens and male turkeys are called toms or gobblers. Different breeds include Broadbreasted Whites, Standard Bronze, White Holland, Bourbon Reds, Narragansett, and Royal Palm. The U.S. is the worlds largest producer.

Turkey is low in fat and high in quality protein; more per gram than chicken or beef. Four ounces of turkey meat provides approximately 30-35 grams of protein. Turkey also contains significant amounts of B vitamins, iron, zinc, phosphorous, and selenium, which is essential for proper thyroid and immune function. Plus, turkey is rich in glutamic acid, which helps to balance blood glucose and combat the aging effects of stress. Turkey also contains tryptophan, an amino acid needed in the production of serotonin, which is a neurotransmitter that is vital for repairing cells and maintaining a youthful appearance. If the turkey has had ample time foraging in a pasture with natural vegetation, it is likely to contain more omega 3 than other EFAs.

USDA guidelines allow the term 'fresh' only when turkey has never been stored below 26°F/-3°C.

Otherwise, the term 'frozen' is required.

Like with all animals, select turkey that has been humanely treated.

For best quality, select fresh, organic, pasture-raised turkey. NOTE: Organic, Free-Range or Cage-Free does not guarantee that turkeys actually spent enough time outdoors in a natural pasture setting. Organic by itself does not guarantee a natural lifestyle for the animal. However, when it comes to meat, organic standards help lower the risk of contaminated feed and usually provide higher in nutrient quality.

Request pasture-raised turkey and ask questions like how the animals were raised. Small local farms are usually a better option. To help find small local farms in the USA, go to:

www.localharvest.org and www.eatwild.com. Both sites are searchable by zip code.

When cooking, leave the skin on to help retain flavor and moisture. The skin also provides fiber. The leg and thigh provide the highest amount of nutrients.

When buying ground turkey meat, check for freshness and the actual percent of fat. Labels are often misleading. Take special care keep raw meat refrigerated, at 40°F/4°C or below, in the coldest section of the fridge or freeze it. Make sure raw meat doesn't contaminate other foods. Raw turkey can keep for one or two days, while cooked turkey will keep for about three or four days.

Defrost frozen turkey in the fridge as it is very sensitive to heat. Wash hands, cutting board, and utensils well after handling raw meat.

Roasting turkey brings out its best flavor. Cook the stuffing separately to avoid contamination.

Figure roasting an unstuffed turkey for 15 minutes for each pound. When the internal temperature reaches 125°F/74°C, turn the turkey and stuff it. Then increase oven temperature to 400°F/200°C for the remaining roasting time. Let sit 10-15 minutes before carving.

Native to Central and South America, the **sweet potato** is one of the oldest vegetables known.

Relics discovered in Peruvian caves attesting to this, date back 10,000 years. Sweet potatoes were brought to Europe by Christopher Columbus in 1492. By the 16th century, they were brought to the Philippines by Spanish explorer. Then, around the same time as they were cultivated in the southern United States, they were brought to Africa, India, Indonesia, and southern Asia by the Portuguese.

China grows about 80 million tons of sweet potatoes a year. Africa grows about 14 million tons, while the US produces about 1 million tons, with North Carolina being the largest U.S. producer. Belonging to the *convolvulaceae* botanical family and *Ipomoea batatas*, botanical genus, the sweet potato is very different from both the yam (native to Africa and Asia) and the common potato.

The sweet potato comes in orange, purple, and white flesh. The orange flesh variety is one of the richest sources of beta-carotene (214%). The darker the color, the richer the beta-carotene. The purple flesh variety is very rich in anthocyanins (peonidins and cyanidins), and 3.2 times higher in antioxidant activity than blueberries.

The sweet potato is also rich in vitamins C and B (pantothenic acid, B6, biotin in particular), manganese, copper, potassium, fiber, and phosphorus. Because of this, the sweet potato is a

nutritious staple food in many parts of the world. The sweet potato also has antibacterial, antiviral, and anti-inflammatory properties. Its phytonutrients help the body eliminate heavy metals and oxygen radicals. Adding fat, such as butter, enhances the absorption of the beta-carotene. Unlike the commercial potato, the sweet potato is not fattening. Because of its high nutrient and fiber content, it helps maintain a normal blood sugar level.

Select sweet potatoes that are firm, rich in color, free of bruises and cracks, and displayed in a cool bin. AVOID refrigeration or cold temperature, which alter their taste. Store them in a cool (60°F/15°C), dark, well ventilated place; either loose or in a paper bag with air holes, where they will keep fresh for up to ten days.

Peas and other legumes belong to the plant family known as the *Fabaceae*, which is also called the bean or pulse family. The garden pea was one of first crops to be cultivated by humans, thousands of years ago. They were first grown in the Himalayan plains of NW India, the Middle East, and the Mediterranean basin. There are three types of commonly eaten peas: garden or green peas (*Pisum sativum*), snow peas (*Pisum sativum var. macrocarpon*), and snap peas (*Pisum sativum var. macrocarpon ser. cv.*), which are a cross between the garden pea and snow pea. Peas are one of the few members of the legume family that are sold and cooked as vegetables. Legumes are plants that bear fruit in the form of pods enclosing seeds we know as beans.

The nutritious, leguminous green pea is rich in fiber; protein; phytonutrients, such as saponins; minerals, such as manganese, copper, phosphorus, molybdenum, and zinc; and vitamins A, B, C, K, and small amounts of ALA (omega 3) and vitamin E. The fiber and nutrients in peas provide cardiovascular benefits and help regulate blood sugar levels. Peas contain a significant amount of lutein, which helps prevent macular degeneration and lowers the risk of cataracts. Peas are a good source of phenolic acids and a polyphenol called coumestrol, which has been shown to decrease the risk of stomach cancer. In fact, peas are loaded with antioxidants, anti-inflammatory nutrients, and alpha and beta-carotenes. Their anti-inflammatory phytonutrient, saponins, pisumsaponins 1 and 11, and pisomosides A and B, are found almost exclusively in peas. Peas also have the ability to chelate metals and inhibit linoleic acid oxidation.

Peas are agriculturally very beneficial for the soil because they are “nitrogen fixing.” This means that with the help of the soil, they can take nitrogen gas from the air and convert it into a more complex and usable source for the plant or tree. This, in turn, eliminates the need for nitrogen fertilizers.

Peas compliment soups, gluten-free pasta, rice, and many ethnic recipes. Fresh or frozen petite/baby green peas are preferred for their sweetness, tenderness, and flavor.

Select peas that are bright green, firm, and plump. Fresh peas can be blanched for one or two minutes and then frozen. Frozen peas can last in the freezer from 6-12 months.

When buying frozen peas, select brands that contain low or no sodium.

Zucchini/summer squash/courgette belong to the Cucurbitaceae family of plants and are related to winter squashes (e.g. pumpkin), melons, and cucumbers.

Originating from the Americas and developed in Italy, the zucchini/summer squash/ courgette is actually a fruit(the swollen ovary) of the zucchini flower.

It is a good source of copper, manganese, vitamin C, magnesium, fiber, phosphorus, potassium, and folate.

Its potassium, sodium, magnesium, omega 3 fats, and dietary fiber aid in digestion and help prevent constipation. It also helps to balance blood sugar and cholesterol by attaching to bile acids.

Zucchini/courgette also contain vitamins B and K, zinc, and small amounts of other minerals.

It is also rich in lutein carotenoids and zeaxanthin.

Zucchini's coumarins, anti-inflammatory, anti bacterial, and antioxidant properties help protect the heart, brain, skin, joints, and skin.

The USA, China, India, Russia, and Pacific island region are the world's largest producers.

Select dark green zucchini that are fresh, medium to small, heavy, and store in the fridge.

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