



Berbere-Spiced Turkey & Quinoa Stew

with Sour Cream & Mint



40min



2 Servings

Berbere is a traditional Ethiopian spice blend that contains chiles, garlic, and warm spices like cinnamon and allspice. It has layers of flavors that we put to good use in this hearty stew featuring ground turkey, vegetables, and white quinoa. The quinoa soaks up the aromatic sauce and adds tremendous texture to this satisfying one-pot meal.

What we send

- 1 yellow onion
- 1 carrot
- 1 zucchini
- garlic
- 10 oz pkg ground turkey
- ¼ oz berbere spice blend
- 14½ oz whole peeled tomatoes
- 3 oz white quinoa
- ¼ oz fresh mint
- 2 (1 oz) sour cream 7

What you need

- olive oil
- kosher salt & ground pepper
- sugar

Tools

- large Dutch oven or pot with lid

Cooking tip

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Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 740kcal, Fat 39g, Carbs 60g, Protein 36g



1. Prep ingredients

Halve and cut **onion** into ¼-inch pieces. Scrub and trim **carrot**, then halve lengthwise and cut into ¼-inch thick half-moons.

Quarter **zucchini** lengthwise and then cut into ½-inch thick pieces crosswise. Finely chop **2 teaspoons garlic**.



2. Sauté onions & carrots

Heat **1 tablespoon oil** in a large Dutch oven or pot with a lid over medium-high. Add **zucchini** and cook until browned, 3-5 minutes stirring occasionally. Transfer to plate and reserve until step 6.

Add **onions** and **carrots**; season with **salt** and **pepper**. Cook until onions are translucent and carrots are just tender, 5-7 minutes.



3. Cook turkey

Add **ground turkey** to pot with **veggies**; season with **salt** and **pepper**. Cook over medium-high heat, stirring and breaking up meat into large pieces, until cooked through, 4-5 minutes. Stir in **garlic** and **1-2 teaspoons berbere spice blend**. Cook until fragrant, about 1 minute. Add **2 cups water** to pot and bring to a simmer, scraping up bits from the bottom of the pan.



4. Simmer stew

Add **tomatoes**, cover, and bring to a boil over high heat; crush tomatoes with the back of a spoon. Reduce heat to medium-high and simmer, partially covered, and stirring occasionally, until **broth** is slightly thickened, about 15 minutes. Remove from heat. Season with **1 teaspoon salt**, **½ teaspoon sugar**, and **a few grinds of pepper**.



5. Cook quinoa

While stew simmers, in a small saucepan, combine **quinoa**, **¾ cup water**, and **½ teaspoon salt**; bring to a boil. Cover, reduce heat to medium-low, and cook until tender and water is absorbed, 15-20 minutes. Remove from heat.



6. Finish & serve

Meanwhile, pick **mint leaves** from stems, discard stems and thinly slice leaves. In a small bowl, stir together **sour cream**, **1½ tablespoons water**, and **1 tablespoon oil**; season to taste with **salt** and **pepper**. Return **zucchini** to pot and cook until heated through, about 1 minute. Serve **quinoa** topped with **stew** and a drizzle of **sour cream** and **fresh mint**. Enjoy!