

Turkey Goulash

Game day, aka the Superbowl, is coming soon! For most people the Superbowl focuses on the commercials and food. You can still have good food on game day and not blow your diet. It's important to enjoy the food you eat; actually taste the food not just shovel the food into your mouth. Enjoy!

xoxo,
Kristin

1. Heat the ghee in a Dutch oven or soup pot over medium-high heat. Add the bell pepper and onions and cook, stirring often, until the onions are translucent, about 5 minutes. Add the garlic and cook for 1 more minute.
2. Add the chorizo and saute, using a wooden spoon to crumble the sausage, until cooked through. Add the turkey, spices, and salt. Pour in the tomatoes and broth, bring to a simmer over medium heat and cook, uncovered until the liquid has reduced by a few inches and the stew has thickened, about 1 hour. Squeeze the lime juice into the pot and stir.
3. Taste and adjust the seasoning, if desired. Serve in bowls over zoodles, mashed cauliflower or cauliflower rice.

Recipe from Keto Comfort Foods, serves 8