

Description: A hearty and nutritious dinner recipe packed with protein and fiber, combining the flavors of turkey mince, chickpeas, onions, sweet potatoes, and lentils.

Ingredients:

- 500g turkey mince
- 1 can chickpeas, drained and rinsed
- 2 medium onions, chopped
- 2 large sweet potatoes, peeled and chopped
- 1 cup brown or green lentils, rinsed and drained

Instructions:

1. In a large pot, heat 2 tablespoons of oil over medium heat.
2. Add the chopped onions and cook until they are translucent.
3. Add the turkey mince, breaking it up with a spoon as it cooks, until it is no longer pink.
4. Add the chopped sweet potatoes, chickpeas, lentils, and enough water to cover all the ingredients.
5. Bring the mixture to a boil, then reduce the heat to low and let it simmer for about 30-40 minutes, or until the sweet potatoes and lentils are tender.
6. Season with salt and pepper to taste, then serve hot.

Tips:

- You can also make this recipe in a slow cooker. Brown the turkey and onions in a pan, then transfer everything to the slow cooker and cook on low for 6-8 hours.
- For a thicker stew, mash some of the sweet potatoes against the side of the pot before serving.

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Original ingredients requested: Turkey mince, Chickpeas, Onions, Sweet potatoes, Lentils (Meal type: dinner)