

AIP Ground Turkey Stroganoff (Paleo, Gluten Free, Whole30)



5 from 1 vote

Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins

Course: Main Course Cuisine: American Keyword: chicken, easy, stroganoff, turkey
Servings: 6 servings Calories: 206kcal

Ingredients

- 1 tbsp coconut oil (or oil of choice)
- 1/2 onion, diced
- 2 pounds ground turkey or chicken
- 4 cups fresh mushrooms, diced
- 1 cup chicken broth
- 1 can coconut cream
- 3 tbsp white wine vinegar
- 1 tbsp [garlic powder](#)
- 1 tsp dill weed
- 1 1/2 tsp [sea salt](#)
- 1/3 cup cold water
- 1 tbsp [arrowroot starch](#)
- fresh parsley (garnish)

Instructions

1. Heat the oil in a large pan over medium-high heat for about 20 seconds, then add the onions. Cook for 2-3 minutes until slightly translucent.
2. Add the ground turkey and cook for 4-5 minutes until it starts to brown.
3. Add the mushrooms to the pan and cook for another 4-5 minutes.
4. Add the chicken broth, coconut cream, vinegar, and seasonings to the pan. Reduce heat to medium and continue cooking for 3-4 more minutes.
5. Make a slurry by mixing the cold water and arrowroot starch in a cup, then add the slurry to the pan and stir it in.
6. Turn heat down to medium-low. Allow the turkey mixture to simmer for another 10 minutes or until the sauce reaches desired thickness and turkey is cooked through.
7. Serve over AIP-friendly noodles or cauliflower rice. Garnish with fresh parsley.

Notes

*If you want the sauce thicker, add 1-2 tsp of additional arrowroot starch.

If using cooked turkey or chicken, add about 3-4 cups of it to the pan towards the last 10 minutes of cooking to warm it up.

Storage- This will keep fresh in an air-tight container in the fridge for 4-5 days and in the freezer for up to 3 months.

Nutrition

Serving: 1cup | Calories: 206kcal | Carbohydrates: 4g | Protein: 25g | Fat: 11g