

# Instant Pot Turkey Stew

Recipe By *Tamar Teitelbaum*



Cooking and Prep:  55  
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Serves:  6

Contains:  

Preference: Meat

Difficulty: Easy

Tender white meat turkey in a thick sauce with fresh potatoes and vegetables fill your bowl as you sit warming your toes near the fire. Sound like a heimishe winter night? It's easier than you think! My Instant Pot Turkey stew is a set-it-and-forget-it dinner the whole family can enjoy.

## Ingredients (13)

### Main ingredients

- 1/4 cup oil
- 6 tablespoons flour
- 1 quart **Empire Chicken Broth**
- 1 onion, cut into eights
- 2 cups carrot sticks or baby carrots
- 1 cup celery, 1-inch sticks

- 1 cup peas
  - 2 cloves garlic
  - 3 pounds boneless, skinless white meat turkey, cut into chunks
  - 3 potatoes, peeled and cut into chunks
  - 1 tablespoon **Haddar Kosher Salt**
  - 1/4 teaspoon black pepper
  - 1 teaspoon tarragon
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## Start Cooking

### Prepare the Stew

Mise en Place. You will want to have all of the ingredients cut to size before you begin.

1. Set your Instant Pot to Saute mode, High. Add oil.
2. Add the flour and begin to whisk. Whisk continuously until the mixture turns golden and has a nutty smell.
3. Pour in the chicken stock while whisking. Continue to whisk continuously until the stock becomes hot.
4. Press cancel to turn off the Instant Pot. Add in all remaining ingredients in any order.
5. Stir to combine. Then using the back of your spoon, run over the top to smooth everything down under the liquid level.
6. Close and lock the Instant Pot lid. Turn the vent from “venting” to “sealing.” Set the Instant Pot to Soup, Normal, 30 minutes. Now the Pot will take over! It will take a few minutes first to pressurize, then it will cook for 30 minutes. When done, it will let off a series of beeps.
7. **DO THIS CAREFULLY!** At this point, you can turn the vent knob from “sealing” to “venting.” **STEAM WILL IMMEDIATELY START SHOOTING OUT THE TOP.** Do not have your hand (or face or anything) over the knob! When the pressure is fully released, the red pressure indicator will drop down.
8. Once the indicator is dropped, you can turn unlock the lid and open the pot. Stir and serve! The Instant Pot will hold the food on keep warm mode automatically. Just turn it off when

you are done eating. If you cannot be around when the Pot is ready, it's ok to let the pressure release naturally. Just be sure that the red indicator is down before opening the lid.

**Note:**

Serve that night or freeze and reheat to serve!