

3 Dinners Mini Menu #26- Turkey Meals

Grocery List

Whole Turkey
(13-14lbs)
Green Beans (14.5oz)
Instant Mashed
Potatoes
Turkey Gravy Pack
Naan Flatbread (2ct)
Shredded Cheese (8oz)
Red Onion
Spinach (10oz)
Ramen (any flavor) x2
Frozen Mixed Veggies
(12oz)
Soy Sauce
Garlic
Chicken Broth (32oz)

@lowdoughfamily

Roast Turkey with Mashed Potatoes & Green Beans

1 whole turkey
(about 13-14 lbs)
4 Tbsp butter or margarine,
softened*
1-2 tsp favorite seasonings or
poultry seasoning*
14.5 oz green beans
1 pack instant mashed
potatoes
1 packet gravy mix

1. Preheat oven to 350°F. Pat turkey dry and rub all over with butter and seasonings.
2. Place breast side up in a roasting pan with about 1 cup water in the bottom of the pan.
3. Roast, uncovered, 3 to 3.5 hours (or until internal temp hits 165°F), basting occasionally.
4. While turkey rests (20-30 minutes), prepare mashed potatoes and heat green beans.
5. Make gravy using drippings and gravy mix.

Turkey BBQ Flatbreads with Spinach Salad

2 cups cooked turkey,
shredded
1/2 cup BBQ sauce
2-3 flatbreads or naan
1.5 cups shredded cheese
(mozzarella, cheddar, or blend)
1/2 small red onion, thinly
sliced
4-5 cups fresh spinach

1. Preheat oven to 400°F.
2. In a bowl, mix turkey with BBQ sauce.
3. Place flatbreads on a baking sheet, spread turkey mixture evenly, and top with cheese and onions.
4. Bake 8-10 minutes, until cheese melts and edges crisp.
5. Salad: While flatbreads bake, toss 1 cup spinach with your preferred dressing. Add extras like cheese or sliced onion.
6. Slice flatbreads and serve with the spinach salad on the side.

Turkey Ramen Bowls

4 cups chicken or turkey broth
2 Tbsp soy sauce
1 tsp garlic powder or minced garlic
12oz frozen mixed vegetables
2 cups cooked turkey, shredded
2 packages ramen noodles
(toss seasoning packets)
1-2 cups fresh spinach

1. In a large pot, bring broth, soy sauce, and garlic to a gentle boil.
2. Add frozen vegetables and cook 3-4 minutes.
3. Stir in turkey and ramen noodles. Cook 3 minutes or until noodles are tender.
4. Turn off heat, then stir in spinach so it wilts gently in the hot broth.
(Optional: top with sriracha, sesame oil, or a boiled egg)