

TURKEY & TATERS BAKE



Ingredients:

- 1 tbsp. olive oil
- 1 cup diced carrots, about 2-3 large
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 tbsp gf oat flour, or other suitable flour*
- 1/2 tsp sea salt
- 1/8 tsp ground black pepper
- 1 cup chicken broth
- 1 cup frozen peas, thawed and drained, or one cup canned
- 2 cups cooked turkey or chicken, chopped
- 2 cups prepared mashed potatoes

Directions:

Heat olive oil in large skillet over medium heat. Add carrots, onion and garlic. Sauté until onions are soft and carrots are tender. Sprinkle vegetables with oat flour, salt and pepper. Cook and stir about 2 minutes, being careful not to burn the flour. Slowly stir in broth. Heat to boiling, stirring constantly. Boil and stir until thickened, about one to two minutes. Reduce heat. Stir in peas and turkey. Heat just until hot. Pour into ungreased casserole dish and level. Top with prepared potatoes. Smooth top. Bake under broiler until lightly browned on top, about 4 to 5 minutes. Serve and enjoy.

* Note: for this recipe you need a flour with thickening properties. Some flours do not do as well as others. I have not had good results with rice flour for this, but tapioca works well if you do not have oat flour. Additionally, if you have leftover gravy, you can use that instead. Just omit flour and broth and use 1 cup prepared gravy.

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