

Crock Pot Turkey Pot Roast

This afternoon, I went with my family to an apple orchard to pick fresh, local produce to enjoy. It felt organic. Not in the “lacking chemicals and pesticides” way, but in the “feeling connected to the earth and supporting something good”. My kids loved picking the fruit and sampling all the different kinds of apples. I am eager to make my [escaloped apples](#) recipe as soon as possible.

But the best part of the day was coming home to dinner already made and a very hungry family to feed!

One of my favorite meals to cook and eat is pot roast– meat, potatoes, carrots, celery, onions... all the basics. It’s so filling and full of great nutrients. One crock pot is a whole meal. But sometimes I like to vary it up a little. I made a very similar recipe today, but instead of beef, I used three turkey legs as our protein.



The meat becomes so tender it falls off the bone. I used whole carrots because they make such a nice presentation and they don’t get soggy when they cook. The key to keeping the meat tender is to use the meat rack for the crock pot and keep it elevated. It still absorbs all the flavors

as it cooks, but it doesn’t deteriorate as it cooks.

I highly recommend making this dish for a family dinner or even for the holidays! Trust me– I’m sure you can think of 100 other ways to spend a weekend afternoon than staying in the kitchen cooking. Get out there and enjoy life a little, then come home for a great meal. Enjoy!

3-4 turkey legs (2-3 lbs)

6 whole carrots, peeled

1/2 sweet onion, cut into chunks

4 stalks celery, cut into 2-3 inch sections

1 t. minced garlic

1 white potato, cut into chunks

2 c. chicken broth

1 T. olive oil

1/2 t. salt

1/2 t. black pepper

2 t. Mrs. Dash seasoning

Put all produce (carrots, onions, celery, potato) in crock pot and arrange in bottom. Using an oval shaped crock pot is best. Put crock pot meat rack in so that the meat will sit just above the produce. Pour chicken broth in, but do not let the volume of it reach the meat rack. Place turkey legs on meat rack. Brush meat with olive oil and then sprinkle with seasonings. Cook on low for 6 hours.

(If you like gravy, put the remaining liquid in a pot on the stove and bring it to a boil. Add 1 T. corn starch that has been dissolved into 1/4 c. warm water. When gravy thickens, serve with turkey pot roast.)

Crock Pot Turkey A La King

Hear ye, hear ye... thy dinner is potting! Thy royal family shall enjoy a delicious banquet of wild bird prepared in a lavish sauce that is truly fit for a king. Only, I don't have a royal chef, a housekeeping staff, a castle moat or a dragon. I think the term "a la king" actually refers to the "richness" of the sauce on the meat. But instead of doing shredded or cubed chicken, I've decided to continue the royal renaissance theme to the meal and use whole turkey legs instead.

You don't need to be savage in eating the turkey legs, simply serve them over pasta or rice or even biscuits and use a fork and knife instead of your hands. Enjoy this tender meat and please realize that you don't need to be royalty to enjoy a divine meal.

3-4 turkey legs (2-3 lbs)

1 can condensed cream of mushroom soup

1 can condensed cream of celery soup

1/2 c. milk

3 T. flour

1 t. black pepper

1 t. paprika

1 t. celery seed

1 medium onion, diced

1 stalks celery, diced

1 roasted red pepper, sliced

Place turkey legs in crock pot laying flat (it's best to use an oval shaped crock pot). Add onion and celery. Mix flour, seasonings, milk and soups in a separate bowl and then pour on top of meat and vegetables. Cook on low 6 hours. Add sliced roasted red pepper as garnish when serving.