

#### Turkey Wing Stew

*Makes 2-3 servings*

##### Ingredients for the spice rub\*:

* ½ cup turbinado sugar
* 2 Tbsp sea salt
* 1 tsp dried basil
* ¼ cup regular paprika
* 1 ½ Tbsp black pepper
* ¼ tsp dried cayenne
* ½ tsp garlic salt

\*Note - this is all I had on hand in Belize. You can also use the spice rub I created for [the other turkey wing recipe](http://www.myglobalkitchens.com/2011/11/a-birthday-celebration-in-british-columbia/).

##### Instructions

Mix the above and store in a sealed container at room temperature. This should keep for at least six months.

##### Ingredients for the turkey wings:

* 3 large turkey wings (2 ½-3 lbs total), the wing tip (pointy part) cut off
* 1 Tbsp olive oil to rub over the turkey wings
* 3 Tbsp spice rub (recipe above)
* 2 cups chicken broth (I made mine with Better than Bouillon)
* ½ orange, red or yellow bell pepper, cut in thirds
* 1 sweet (red or white) onion, peeled and quartered
* 4 large carrots, peeled and cut into 2-inch pieces
* 2 celery stalks, cut into 2-inch segments
* 2 plum tomatoes
* 1-2 cups green beans, trimmed and halved
* 2 medium sized yukon gold potatoes, cut into quarters (unpeeled)

##### Instructions

Preheat the oven to 450 degrees with the rack in the lower-middle part of the oven.

Dry the turkey wings well and rub the skin all over with the olive oil.  Press the spice rub into the skin of the wings.  Place the wings onto a parchment or foil lined roasting pan (I used a large disposable one) and let them roast in the oven for 45 minutes.

Meanwhile, plug in the crock pot and fill with the prepared vegetables and liquid.  Turn on the crock pot to high while the wings are roasting.

Once 45 minutes are up, it is time to transfer the wings from the pan to the crockpot.  I don’t stir the veggies around but leave them on the bottom.  Also, if there are any accumulated juices pour them over the wings as well.  Leave the crock pot on high for 2-3 hours or turn to low for 5-6 hours or until the meat is fall-off-the-bone tender and the carrots are soft enough to bite.  I don’t turn the wings over.  When everything is done, baste the wings with the juice.

I serve this on top of toasted cooked quinoa or brown rice so that it is like a stew.

If you own a crock pot, and many of you do, try this during the cold weather months.  Let me know how you like it! And since you lined the disposable roasting pan with foil or parchment, rinse it out and reuse it several times!