

Make-Ahead Turkey and Gravy

Marie Parker - Milwaukee, WI
Taste of Home Magazine - November 2013

Servings: 16

Yield: 2 1/2 cups of gravy

FOR THE TURKEY

1 (14 to 16 pound) turkey
2 teaspoons poultry seasoning
1 teaspoon pepper
3 cups reduced-sodium chicken broth
1/2 cup fresh parsley, minced
1/4 cup lemon juice
1 tablespoon minced fresh thyme OR
1 tablespoon dried thyme
1 tablespoon minced fresh rosemary
OR 1 teaspoon dried rosemary,
crushed

2 teaspoons grated lemon peel
2 cloves garlic, minced

FOR SERVING

1 1/2 cups reduced-sodium chicken
broth
1 tablespoon butter
1 tablespoon all-purpose flour

Preparation Time: 4 hours 15 minutes

Bake: 50 minutes

Preheat the oven to 325 degrees.

Sprinkle the turkey with poultry seasoning and pepper. Tuck the wings under the turkey and tie the drumsticks together. Place on a rack in a roasting pan, breast side up.

Roast, uncovered, for 30 minutes. In a four-cup measuring cup, mix the remaining turkey ingredients. Carefully pour over the turkey. Roast, uncovered, for 3 to 3-1/2 hours or until a thermometer inserted in the thigh reads 180 degrees, basting occasionally with the broth mixture. Cover loosely with foil if the turkey browns too quickly.

Remove the turkey from the roasting pan. Let stand at least 20 minutes before carving. Skim the fat from the cooking juices.

Carve the turkey and place in shallow freezer containers. Pour the strained juices over the turkey. Cool completely. Freeze, covered, for up to three months.

To serve: partially thaw the turkey in the refrigerator overnight. Preheat the oven to 350 degrees. Transfer the turkey and juices to a baking dish. Pour the broth over the turkey. Bake, covered, for 50 to 60 minutes or until a thermometer reads 165 degrees.

Remove the turkey from the baking dish reserving the cooking liquid; keep warm. In a saucepan, melt the butter and stir in the flour until smooth. Gradually whisk in the cooking liquid. Bring to a boil, stirring constantly. Cook for 2 minutes or until thickened. Serve with the turkey.

This do-ahead turkey is cooked, sliced and ready to serve whenever you need it. It's a Turkey Day blessing!

By seasoning, roasting and carving your bird in advance, you save more than three hours and coveted oven space on the day of the feast.

Per Serving (excluding unknown items): 524 Calories; 26g Fat (47.1% calories from fat); 66g Protein; 1g Carbohydrate; trace Dietary Fiber; 220mg Cholesterol; 217mg Sodium. Exchanges: 0 Grain(Starch); 9 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	524	Vitamin B6 (mg):	1.3mg
% Calories from Fat:	47.1%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	0.9%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	52.0%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	26g	Folacin (mcg):	30mcg
Saturated Fat (g):	8g	Niacin (mg):	13mg
Monounsaturated Fat (g):	10g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	220mg	% Daily Value:	0.0%
Carbohydrate (g):	1g		
Dietary Fiber (g):	trace		
Protein (g):	66g		
Sodium (mg):	217mg		
Potassium (mg):	873mg		
Calcium (mg):	54mg		
Iron (mg):	5mg		
Zinc (mg):	7mg		
Vitamin C (mg):	5mg		
Vitamin A (i.u.):	149IU		
Vitamin A (r.e.):	23 1/2RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	9
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 524 Calories from Fat: 247

% Daily Values*

Total Fat	26g	41%
Saturated Fat	8g	39%
Cholesterol	220mg	73%
Sodium	217mg	9%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	1%
Protein	66g	
Vitamin A		3%
Vitamin C		8%
Calcium		5%
Iron		27%

* Percent Daily Values are based on a 2000 calorie diet.