

Turkey Tenderloin Crock Pot Style



Cooking Time

5-6 hours

Ingredients

- 1 Clean Turkey Tenderloin (Whole Foods or Earth Fare)
- 1 sliced onion
- 4 chopped carrots
- 3-5 cloves of garlic
- 2 cups of turkey bone broth
- 1 ½ cups of peas (frozen is great)
- 2 cups of fresh kale

Directions

- Drop in the onion, carrots, fresh garlic, and peas.
- Lay the turkey tenderloin down on top of all the veggies.
- Pour your bone broth on top.
- Let cook for 5-6 hours on low.
- Add 2 cups of fresh kale in the last 20 min to the crock pot.
- Serve with organic blue corn chips, avocado and fresh cilantro.

The turkey will be cooked perfectly and it makes for more of a soup with the bone broth. Add in the chips and avocado and it's the perfect crunch. You can also make turkey tenderloin nachos later in the week with a dollop of my detox pesto to give it a new flair. Freeze any leftovers.