

NUTRITION

27g Protein
18g Carbohydrates
6g Fat

MEATBALL INGREDIENTS

2 pounds ground turkey (93/7)
3 eggs
1/2 cup fresh ginger, minced
Top half of two bunches of
Scallions, minced
1 1/2 tablespoons kosher salt
1 tablespoon black pepper

STEW INGREDIENTS

1 batch Ginger-Scallion meatball
mixture (see below)
1 tablespoon olive oil
10 cloves fresh garlic, minced
1 head green cabbage, chiffonade
6 large carrots, peeled and
Asian Bias Cut (ABC)
2 large yellow onions, julienned
2 red bell peppers, julienned
1 pound mushrooms, quartered
2 bags bean sprouts, rinsed
1 bunch rainbow chard, rinsed
and roughly chopped
Lower half of two bunches of
scallions, cut into 1" sections (see
meatball recipe for use of tops)
1 1/2 gallons water
Kosher salt, to taste
Black pepper, to taste



CHANKONABE “SUMO STEW”

MEATBALL INGREDIENTS:

1. In a large mixing bowl, thoroughly combine all ingredients.
2. Transfer to a gallon Ziploc bag and cut a small hole in one of the corners (think pastry bag) for squeezing meat mixture into stew.

STEW INSTRUCTIONS:

3. Heat olive oil in a large stock pot over medium-high heat.
4. Add garlic and stir until toasted, then add carrots, onions, red bell peppers and a pinch of kosher salt. Cook for five minutes, stirring occasionally.
5. Add cabbage and mushrooms and another pinch of salt. Cook for three minutes.
6. Add water and bring stew to a simmer.
7. Add scallions and rainbow chard.
8. Add meatball mixture to soup either by rolling meatballs with your hands or by squeezing mixture from the bag and cutting it with a knife as it comes out (as seen in video). Stir occasionally throughout this process.
9. Season cod with salt and pepper and add to the pot. Stir to distribute evenly throughout the stew, the cod will cook almost instantly.
10. Cut the heat and season one final time to your liking.
11. Distribute bean sprouts evenly into 16 quart-size portion cups/containers.
12. Divide stew evenly among the portion cups, doing your best to distribute the cod and turkey meatballs evenly into each container.
13. Refrigerate for up to 4 days or freeze for up to 6 months.
14. Enjoy!