

Budget-Friendly Roasted Turkey

Prep Time: 15 minutes

Cooking Time: 2 hours

Servings: 8 servings

Ingredients:

- 1.5 kg whole turkey, giblets removed
- 2 tbsp (30 ml) vegetable oil
- 1 tsp (5 g) salt
- 1 tsp (2 g) black pepper
- 1 onion, roughly chopped (100 g)
- 2 carrots, roughly chopped (150 g)
- 2 celery stalks, roughly chopped (100 g)

Instructions:

1. Preheat the oven to 180°C (350°F).
2. Rinse the turkey and pat it dry with paper towels.
3. Rub the turkey with vegetable oil, then season with salt and pepper.
4. Stuff the turkey with chopped onion, carrots, and celery.
5. Place the turkey in a roasting pan and roast in the preheated oven for about 2 hours, or until the internal temperature reaches 75°C (165°F).
6. Remove the turkey from the oven and let it rest for 15 minutes before carving.

Nutritional Information:

Calories: 360 kcal

Protein: 35 g

Carbs: 4 g

Fat: 24 g

Cooking Tips:

Use a digital thermometer to ensure the turkey is cooked to the correct temperature. You can also use inexpensive cuts of turkey, such as the thighs or drumsticks, instead of a whole bird. Leftover turkey can be used