

Smothered Turkey Wings

Yield: 4 min
Total Time: 150 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-recipe-for-turkey-wings>

Ingredients:

- 1 pinch kosher salt
- 2 teaspoons smoked paprika
- 2 teaspoons black pepper
- 2 teaspoons garlic powder granulated
- 2 teaspoons dried tarragon
- 2 teaspoons ground sage
- olive oil
- 3 yellow onions small, thinly sliced
- 4 celery stalks diced
- kosher salt
- black pepper
- 3 bay leaves small
- 2 teaspoons ground sage
- 2 teaspoons smoked paprika
- 2 tablespoons garlic paste
- 1/4 cup all purpose flour more if needed
- 1 fresh thyme small bundle, tied up with twine or string
- 5 cups homemade vegetable stock or water*
- Valentina Hot Sauce to taste
- 1 1/2 pounds turkey wings

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 140 milligrams
4. Fat: 7 grams
5. Fiber: 5 grams
6. Protein: 41 grams
7. SaturatedFat: 1 grams

8. Sodium: 400 milligrams
 9. Sugar: 4 grams
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