UKRAINIAN · LUNCH · DINNER

Stewed Gizzards with Tomato and Sour Cream (Shlunochky)

Шлуночки

110 min · Serves 5 · 360 kcal a serve · Video 10:16 in Ukrainian · Олена Томашевська

Gluten-free ingredients · Nut-free

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About 47 g protein and 9 g net carbs a serve: gizzards are a lean, budget cut, slowly stewed in tomato and onion with just 2 tbsp of sour cream.

Diet notes: Low carb (9.1 g net carbs) but not keto: 33% of the energy is from fat, and keto meals get about 60% or more.

Ingredients 16 · SERVES 5

- [ ] 2¼ lb **chicken or turkey gizzards**, cleaned
- [ ] 1 **onion**, halved, for the boiling water (discarded)
- [ ] 2 **bay leaves**, for the boiling water
- [ ] **Mixed spice**: 5–6 allspice berries and about 7 black peppercorns, for the boiling water
- [ ] 1 heaped tsp **salt** for the boiling water, plus ½ tsp for the sauce
- [ ] 1 oz **butter**
- [ ] 1 tbsp **vegetable oil**
- [ ] 2 medium **onions**, cut into quarter rings
- [ ] 1 **carrot**, grated
- [ ] 2 **tomatoes**, blended (or grated)
- [ ] 4 small heads of **young garlic** with a little of their green (or 4 garlic cloves), finely chopped
- [ ] 2 tbsp **sour cream** (smetana)
- [ ] about 1½ cups **water**, added in stages
- [ ] ⅓ tsp **ground black pepper**
- [ ] 1 tsp **chicken seasoning**
- [ ] 1 tbsp chopped **dill or parsley**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Rinse and trim the gizzards, leave them whole, cover with boiling water and simmer, skimming off any foam. 0:35
2. Add the halved onion, 2 bay leaves, a heaped tsp of salt, the allspice and peppercorns. Cover and simmer another 30–40 minutes (45–50 in all). Lift out the gizzards to cool; discard the broth, onion and bay. 1:50
3. Cut the 2 onions in half, then into quarter rings. 3:15
4. Heat the butter and 1 tbsp oil in a well-heated frying pan and fry the onion until translucent and just golden. Grate the carrot and blend the tomatoes meanwhile. 3:37
5. Cut the cooled gizzards into thin strips and finely chop the garlic. 4:40
6. Add the tomatoes, carrot and garlic to the onion, lower the heat and stew until soft. Stir 2 tbsp sour cream into ½–⅔ cup water so it doesn't curdle and pour it in. 5:58
7. Add the gizzards and a little more water (up to about 1 cup), the pepper, chicken seasoning and ½ tsp salt. Cover and simmer on medium about 30 minutes. 7:15
8. Stir in the chopped herbs, let it bubble for a minute, then turn off the heat and serve. 8:43

> **Tip** The cook uses turkey gizzards; chicken work the same. Serves about 5 (not stated). She serves it with boiled rice and cabbage salad — the salad alone keeps it lower in carbs.

The method is a summary in our words, in English — the video (in Ukrainian) shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
360 kcal	**48** g	**12** g	**2.5** g	**13** g	**570** mg
1,510 kJ	95% of a day	9.1 g net · 4.9 g sugars	9% of a day	5 g saturated	25% of a day
		4% of a day		17% of a day	

Energy from net carbs 11% · protein 55% · fat 34% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 115% · Vitamin B12 66% · Zinc 64% · Iron 31% · Vitamin A 22%

Source of (10–19%) Omega-3 19% · Vitamin B6 18% · Vitamin C 17% · Potassium 12% · Vitamin E 10%

Recipe and video: Олена Томашевська (@Olena_Tomashevska) on YouTube — youtube.com/watch?v=4a1Rc62utpU, published 2 June 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/shlunochky-v-smetani