

A Kansas SNAP-Ed *EZ Does it* Recipe

Turkey Stew



Servings: 4

Ingredients:

- 2 teaspoons vegetable oil
- ½ cup onion (chopped)
- 1 garlic clove (finely chopped, or ½ teaspoon garlic powder)
- 4 carrot (chopped)
- 2 celery stalk (chopped)
- 2 potatoes (chopped)
- 1 can tomatoes, diced (15 ounce)
- 2 cups water
- 2 cups turkey (cooked, chopped)
- salt and pepper (optional, to taste)
- Italian seasoning or oregano, basil or thyme to taste



Directions:

1. Heat oil in medium saucepan. Add onion, garlic, carrots and celery and stir for 2 minutes.
2. Add potatoes, tomatoes, and water to pan. Bring to a boil, then lower heat and simmer 30 minutes or until vegetables are tender. Add turkey and cook another 5 minutes or until heated.
3. Season to taste before serving. Refrigerate leftovers.

Nutrition Facts: Each serving provides 210 Calories, 4.5g Total Fat, 1g Saturated Fat, 40mg Sodium, 26g Total Carbohydrate, 5g Dietary Fiber, 17g Protein