



Turkey Stew

Yield: 4 servings

Ingredients:

2 teaspoons vegetable-oil
1/2 cup onion (chopped)
1 garlic clove (finely chopped, or 1/2 teaspoon garlic powder)
4 carrots (chopped)
2 celery stalk (chopped)
2 potatoes (chopped)
1 can tomatoes, diced (15 ounce)
2 cups water
2 cups turkey (chopped, cooked)
Salt and pepper 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 five minutes or until heated.
3. Season to taste before serving. Refrigerate leftovers.

Nutrition Facts: Calories, 270; Calories from fat, 70; Total fat, 8g; Saturated fat, 2g; Trans fat 0g; Cholesterol, 60mg; Sodium, 370mg; Total Carbohydrate, 28g; Fiber, 5g; Protein, 23g; Vitamin A, 210%; Vitamin C, 60%; Calcium, 10%; Iron, 15%

Source: Snap-ed Recipe collection, www.recipefinder.nal.usda.gov



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