



TURKEY STEW



**Approx. 45
minutes**



4 servings

INGREDIENTS

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

DIRECTIONS

1. Wash hands with soap and water.
2. Heat oil in medium saucepan. Add onion, garlic, carrots and celery and stir for 2 minutes
3. 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.
4. Season to taste before serving. Refrigerate leftovers.

Recipe source adapted from: myplate.gov



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