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



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.





