

# Turkey Stew

**Makes:** 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 (cooked, chopped)

salt and pepper (optional, to taste)

Italian seasoning or oregano, basil or thyme to taste (optional)

## 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.

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>270</b>
<b>Total Fat</b>	<b>8 g</b>
Saturated Fat	2 g
Cholesterol	60 mg
<b>Sodium</b>	<b>370 mg</b>
<b>Total Carbohydrate</b>	<b>28 g</b>
Dietary Fiber	5 g
Total Sugars	7 g
Added Sugars included	N/A
<b>Protein</b>	<b>23 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

3. Season to taste before serving. Refrigerate leftovers.