



StressLess Recipe



Ground Turkey Vegetable Stew

AUTHORED BY: LIVE RIGHT HEALTH

A hearty soup for cool fall nights with root veggies loaded with vitamins

SERVINGS 6-8 SERVINGS

PREP TIME/ COOK TIME 30 MIN

INGREDIENTS

- 1 pound ground turkey (or textured protein for the vegetarian)
- 1 tablespoon olive oil
- 1 small squash, chopped (butternut or in-season favourite)
- 1 small zucchini, chopped
- 1 small sweet red pepper, chopped
- 1 medium carrot
- 1 medium russet potato (diced)
- 2 cans (15 ounces each) diced tomatoes
- 1 cup chicken broth (or veggie)
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons minced fresh cilantro
- Reduced-fat sour cream or plain Greek yogurt optional
- 1/4 to 1/2 cup minced fresh cilantro (optional)

DIRECTIONS

1. In a large saucepan, cook ground turkey over medium-high heat until no longer pink, 5-7 minutes; crumble meat; drain.
2. Remove from pan; set aside.
3. In the same saucepan, add oil and all chopped vegetables
4. Cook and stir until vegetables are crisp-tender, 5-7 minutes.
5. Add cooked turkey, tomatoes, chicken broth, salt and pepper; bring to a boil.
6. Reduce to a simmer; cook, stirring occasionally, until vegetables are tender, 5-8 minutes.
7. Stir in cilantro just before serving. If desired, top with sour cream or greek yogurt

Nutrition

1 cup: 166 calories, 4g fat (1g saturated fat), 42mg cholesterol, 1047mg sodium, 17g carbohydrate (1g sugars, 1g fiber), 13g protein.