



GREAT GROCER
PROJECT



Turkey Stew

Ingredients

- 2 teaspoons vegetable oil
- 1/2 cup onion, chopped
- 1 garlic clove, chopped
- 4 carrots, chopped
- 2 celery stalks, chopped
- 2 potatoes, chopped
- 1 can diced tomatoes
- 2 cups water
- 2 cups cooked turkey, chopped
- Italian seasoning, oregano, basil, or thyme to taste
- salt and pepper

Flip for step-by-step instructions



Instructions

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 to internal temperature of 165 F.
3. Season to taste before serving. Refrigerate leftovers.

Source: Montana State University Extension Service