

Late Summer Stew



Ingredients:

- 1/2 pound ground turkey
- 1 cup onions, diced
- 3 cups water
- 3 cups red potatoes, cubed
- 1-15 ounce can diced tomatoes, drained
- 1-15 ounce can low-sodium tomato sauce
- 1/2 cup fresh or frozen corn
- 1 cup zucchini or yellow squash, chopped
- 1-15 ounce can kidney beans, drained
- 2 cloves garlic, minced
- Salt and pepper to taste

Directions:

1. Brown ground turkey and onions over medium heat for 10 minutes. Drain fat.
2. In a large pot, combine cooked ground turkey, water, and potatoes.
3. Bring the pot to a boil and cook 15 minutes.
4. Add remaining ingredients and bring to a boil.
5. Lower heat and simmer for about 20 minutes or until vegetables are soft.

Makes 6 servings.



Tarrant County Public Health
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