

# Ground Turkey Stew

Find some time on the weekend to make this hearty, nutritious stew and freeze the leftovers in individual servings for a light lunch later in the week.

1/2 cup	sun-dried tomatoes
1 tablespoon	olive oil
1 1/2 cups	onions, chopped
1 cup	sweet bell pepper (red or green), chopped
1 cup	carrots, chopped
2 teaspoons	garlic, minced
1 16 ounce roll	ground turkey breast
4 cups	fat free, reduced sodium chicken broth
3 tablespoons	dried italian seasoning
1/2 tablespoon	black pepper
6 cups	cabbage, chopped
1/2 cup	reduced sodium tomato paste
2 cups	cooked brown rice

Reconstitute the sun-dried tomatoes in boiling hot water and set aside to soften or microwave in a 2 cup glass measure in 1/2 cup water for 2 minutes to soften. Let stand for a few minutes; drain all water. Chop and set aside. In a large deep skillet saute onions, peppers, carrots, garlic and ground turkey in olive oil. Add broth, tomato paste, chopped sun-dried tomatoes and seasonings. Add cabbage a little at a time until all is cooked down. Stir in cooked brown rice and heat thoroughly.

**Servings: 10**

**Yield: 1 cup**

## Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
<b>Calories</b>	157.88
Calories From Fat (16%)	25.13
% Daily Value	
<b>Total Fat</b> 2.88g	<b>4%</b>
Saturated Fat 0.52g	<b>3%</b>
<b>Cholesterol</b> 19.50mg	<b>7%</b>
<b>Sodium</b> 746.85mg	<b>31%</b>
<b>Potassium</b> 646.81mg	<b>18%</b>
<b>Carbohydrates</b> 23.47g	<b>8%</b>
Dietary Fiber 4.30g	<b>17%</b>
Sugar 7.93g	
Sugar Alcohols 0.00g	
Net Carbohydrates 19.16g	
<b>Protein</b> 11.24g	<b>22%</b>

## Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1/2 cup sun-dried tomatoes	0.50 x 1 cup of Tomatoes, sun-dried
1 tablespoon olive oil	1 x 1 tablespoon of Oil, olive, salad or cooking
1 1/2 cups onions, chopped	1.50 x 1 cup, chopped of Onions, raw
1 cup sweet bell pepper (red or green), chopped	1 x 1 cup, chopped of Peppers, sweet, green, raw
1 cup carrots, chopped	1 x 1 cup, chopped of Carrots, raw
2 teaspoons garlic, minced	2 x 1 teaspoon of Garlic, raw
1 16 ounce roll ground turkey breast	1 x 1 lb of Turkey breast meat
4 cups fat free, reduced sodium chicken broth	4 x 1 cup of Soup, SWANSON Chicken Broth 99% Fat Free
3 tablespoons dried italian seasoning	3 x 1 tablespoon of Spices, Italian seasoning
1/2 tablespoon black pepper	0.50 x 1 tablespoon of Spices, pepper, black
6 cups cabbage, chopped	6 x 1 cup, chopped of Cabbage, raw
1/2 cup reduced sodium tomato paste	0.50 x 1 cup of Tomato products, canned, paste, without salt added
2 cups cooked brown rice	2 x 1 cup of Rice, brown, medium-grain, cooked

## Cooking Tips

To make with fresh herbs, use herbs such as oregano, parsley and thyme. The total amounts of herbs should be 3 to 4 times the amounts of dried seasonings.

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