

## Recipe - Turkey Stew (Level 2)

Serves 4 – 6

### Ingredients:

- extra virgin olive oil, to coat the bottom of the pot
- 2 cloves of minced garlic
- fresh rosemary
- large onion – chopped
- 3 parsnips - peeled and sliced
- 3 carrots - scrapped & sliced
- 1/2 head of shredded cabbage
- 1 lb. cubed organic turkey meat
- 1 lb. can organic crushed tomatoes
- 2-3 cups broth, or 2 teaspoons chicken soup base and water
- 1 lb. mushrooms sliced
- 1 lb.3 oz. can cannellini beans
- 4 sm. zucchini, sliced
- salt & pepper to taste
  
- hot sauce optional seasoning at the end

### Directions:

Sauté garlic, onion, parsnips, and carrots in extra virgin olive oil

Add 1/2 head of shredded cabbage

Add cubed turkey meat and organic crushed tomatoes and enough broth or bouillon to just keep it simmering

Cook until vegetables are almost tender, maybe 15 minutes

Add mushrooms, beans and zucchini and cook another 10 minutes

Add broth, if needed, during cooking to make it the consistency of stew

Salt and pepper to taste

Add hot sauce as seasoning at the end for more zing