

BEYOND HUNGER

Leftover Turkey Stew

Everyone loves leftover turkey from Thanksgiving dinner. This easy recipe uses leftover turkey and gravy to make a rich, hearty stew perfect for this chilly season. Enjoy!

Yields: 4 servings

Ingredients:

- 1 Tbsp olive oil
- 1 ½ c yellow onion, chopped
- 4 c chicken broth, low sodium
- 2 c gravy (leftover or pre-made)
- 4 c roasted vegetables, cut into bite-sized pieces
- 3 c cooked turkey, shredded
- 2 Tbsp flat-leaf parsley
- ¼ tsp salt
- ¼ tsp black pepper

Instructions:

1. Heat oil in a large, heavy pot over medium heat. Add chopped onion and cook until softened and slightly browned.
2. Add the broth and gravy. Bring to a boil, stirring occasionally.
3. Stir in the leftover vegetables and turkey and heat thoroughly (about 2-3 minutes).
4. Stir in parsley, salt, and pepper. Serve warm.

Per Serving, Approximately: Calories 428 kcal, 16g Total Fat, 3g Sat Fat, 28g Total Carbs, 10g Total Sugar, 39g Protein, 871mg Sodium

This recipe was adapted from eatingwell.com