## **♯ TURKEY**CABBAGE STEW

Filled with ground turkey, cabbage, carrots and tomatoes, this stew delivers down-home comfort fast!
—Susan Lasken, Woodland Hills, CA

TAKES: 30 min.
MAKES: 6 servings

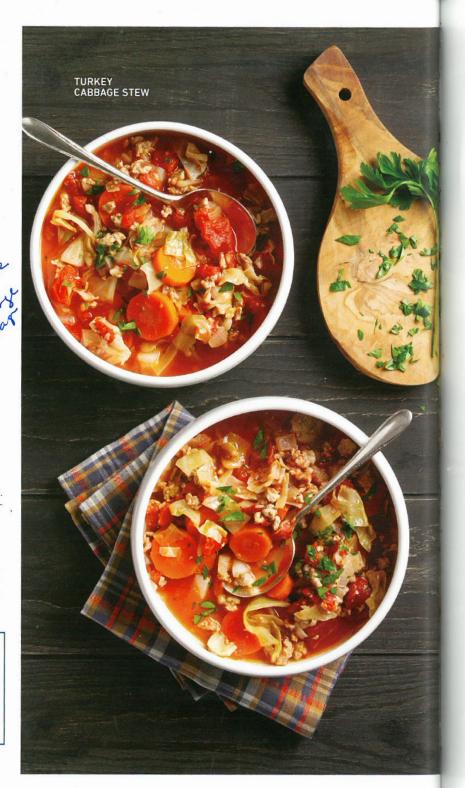
- 1 lb. lean ground turkey
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 4 cups chopped cabbage
- 2 medium carrots, sliced
- 1 --- (20 -- ) disades
- 1 can (28 oz.) diced tomatoes, undrained
- 3/4 cup water
- 1 Tbsp. brown sugar
- 1 Tbsp. white vinegar
- 1 tsp. salt
- 1 tsp. dried oregano
- 1/4 tsp. dried thyme
- 1/4 tsp. pepper
- 1. Cook the turkey, onion and garlic in a large saucepan over medium heat until the meat is no longer pink, 5-7 minutes, breaking up the turkey into crumbles; drain.
- 2. Add the remaining ingredients. Bring to a boil; cover and simmer , until the vegetables are tender, 12-15 minutes.

1 cup: 180 cal., 6g fat (2g sat. fat), 52mg chol., 674mg sod., 16g carb. (10g sugars, 5g fiber), 17g pro. Diabetic exchanges: 2 vegetable,

2 lean meat.

## FREEZE OPTION

Freeze cooled stew in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally; add a little broth if necessary.



## HEARTY HOMEMA

This satisfying soup with a hint of cayenne is brimming with vegetal chicken and noodles. The recipe with my father-in-law's, but I made son adjustments to give it my own spin—Norma Reynolds, Overland Park, K.

PREP: 20 min. • COOK: 5½ hour MAKES: 12 servings (3 qt.)

- 12 fresh baby carrots, cut into ½-in. pieces
- 4 celery ribs, cut into ½-in. pieces
- 3/4 cup finely chopped onion
- 1 Tbsp. minced fresh parsl
- 1/2 tsp. pepper
- 1/4 tsp. cayenne pepper

