

* 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 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 c water
to submerge
cabbage

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.

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HEARTY HOMEMADE CHICKEN NOODLE SOUP

This satisfying soup with a hint of cayenne is brimming with vegetables, chicken and noodles. The recipe was my father-in-law's, but I made some adjustments to give it my own spin.

—Norma Reynolds, Overland Park, KS

PREP: 20 min. • **COOK:** 5½ hours

MAKES: 12 servings (3 qt.)

- 12 fresh baby carrots, cut into ½-in. pieces
- 4 celery ribs, cut into ½-in. pieces
- ¾ cup finely chopped onion
- 1 Tbsp. minced fresh parsley
- ½ tsp. pepper
- ¼ tsp. cayenne pepper



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