

# Live Healthy Recipe

November 2022



## Leftover Turkey Stew

### Ingredients:

- 1 tablespoon olive oil
- 1 ½ cups chopped yellow onion
- 4 cups unsalted chicken broth
- 2 cups leftover gravy (*see Tip*)
- 4 cups leftover roasted vegetables, cut into bite-size pieces
- 3 cups shredded cooked turkey
- 2 tablespoons chopped fresh flat-leaf parsley
- ¼ teaspoon salt
- ¼ teaspoon ground pepper

### Directions:

1. Heat oil in a large heavy pot over medium-high heat. Add onion; cook, stirring occasionally, until softened and starting to brown, about 6 minutes. Add broth and gravy; let the mixture come to a boil, stirring occasionally. Stir in leftover vegetables and turkey; cook, stirring occasionally, until heated through, 2 to 3 minutes. Stir in parsley, salt and pepper.

**Tip:** If you don't have any leftover gravy: Cook ¼ cup all-purpose flour and ¼ cup unsalted butter in a saucepan over medium-high heat, stirring constantly, for 1 minute. Gradually whisk in 2 cups unsalted chicken broth. Cook, stirring occasionally, until thickened, about 2 minutes. Stir in 2 teaspoons each chopped fresh sage and chopped fresh thyme and ¼ teaspoon each salt and ground pepper.

### Nutrition Facts:

Servings: 4

Serving Size: 2 cups

Per Serving: 428 calories; protein 38.5g; carbohydrates 27.8g; dietary fiber 4.7g; sugars 9.8g; fat 15.6g; saturated fat 3.2g; cholesterol 88.3mg; vitamin a iu 5939.4IU; vitamin c 18.8mg; folate 80.1mcg; calcium 71.7mg; iron 2.1mg; magnesium 72.4mg; potassium 960.6mg; sodium 870.8mg; thiamin 0.2mg.

Exchanges: 4 lean protein, 2½ fat, 2 vegetable, 1 starch

*Recipe from eatingwell.com*