

Turkey Stew

Makes: 25 servings

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Ingredients	Weight	Measure
Vegetable oil	2 oz	
Boneless turkey	4 3/4 lb	
Turkey or chicken gravy	4 pints	
Russet potatoes, diced, 1/2" pieces	1 1/2 lb	
Dried thyme leaves		2 tsp
Carrots, frozen, cooked, sliced	1 1/2 lb	
Peas, frozen	1 1/2 lb	

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	249	
Total Fat	11 g	
Protein	22 g	
Carbohydrates	15 g	
Dietary Fiber	NA	
Saturated Fat	NA	
Sodium	NA	

Directions

1. Heat oil in a steam kettle.
2. Cut turkey into 1-inch cubes. Add turkey to hot oil, stirring until an internal temperature of 170°F is reached and cubes are seared.
3. Reduce heat and stir in gravy. Add diced potatoes and simmer until potatoes are tender.
4. Stir in herbs, carrots and peas. Adjust seasonings as required. Allow to simmer but do not overcook.