

Santa Fe Stew

Laura Miller

1 1/2 lb. Ground Turkey 3 Large onions, chopped
6 - 8 carrots, chopped 1 tsp chili powder
1 - 2 tsp ground cumin 1 tsp black pepper
1/2 tsp ground red pepper 2 Tbsp Dried herbs (such as
1 can black beans (italian mix, oregano, basil, etc)
1 can kidney beans 1 can cannelloni beans
1 can tomatoes with green chilies 3 cans diced tomatoes
1 can corn 2 cups chicken broth

Coat large soup pot with cooking spray and cook turkey until lightly browned. Add onions and carrots and cook for 5 minutes longer.

Stir in chili powder, cumin, peppers, dried herbs, beans, tomatoes, corn and broth.

Simmer 2 hours uncovered and serve over rice.

Prevention Magazine recipe served at Laura's Studio for the 2/12/ chapter meeting.