

Ground Turkey & Vegetable Stew (any type of meat/tofu)

In a hot saucepan add 1/4-cup olive oil. Add 3/4 lb. ground turkey and stir.

Add:

- 1 small diced white onion
- 1 medium diced zucchini
- 1 medium diced green bell pepper
- 2 medium diced carrots
- 3 stalks medium diced celery

Add:

- 1 tbsp dried oregano
- 1 tsp dried rosemary
- 1 tbsp dried basil
- 1 tsp paprika
- Dash of cayenne
- 2 tsp dried garlic or 3 cloves chopped fresh garlic
- 2 tsp salt, more to taste later if needed
- 1 tsp ground pepper

Cook until all vegetables are tender. Add:

- 1 cup chopped leafy greens

Add:

- 1 1/2 - 2 cans diced tomatoes
- Splash of balsamic (doesn't add flavor, brings out flavor of other ingredients)

Simmer until some of the liquid evaporates. Taste and re-season the stew with salt and pepper.

Goes great with a dollop of sour cream or plain yogurt. Serve with toasted rustic bread. Serve hot!