

# One-pot crowd pleaser

An all-around healthy meal, this turkey stew provides lean protein, low-glycemic potatoes and a “rainbow of colors” of antioxidant-loaded vegetables.

Gluten-free flour is used as a thickener and can be adjusted to achieve your preferred consistency.

Your entire family will enjoy this simple stew, “gluten-free” or not. Who said turkey is only for Thanksgiving?



**Find more gluten-free resources at  
[clevelandclinic.org/nutrition](https://clevelandclinic.org/nutrition)**

Recipe created by Digestive Disease Institute registered dietitians.

# Turkey Vegetable Stew

## Makes 4 servings

- 1 lb turkey tenderloin slices cut into 2-inch pieces
- 3 tablespoons all purpose gluten free flour
- 2 tablespoons olive oil
- 5 small red potatoes quartered
- 1 zucchini, cut up into 1-inch cubes
- 1 red pepper, cut into 1-inch pieces
- 1 green pepper, cut into 1-inch pieces
- 1 cup carrots, thinly sliced
- 1 onion, chopped
- 3 cloves garlic, finely chopped
- 1 teaspoon thyme
- ½ cup fresh flat leaf parsley, finely chopped
- ¼ teaspoon black pepper
- 1 cup gluten-free chicken broth
- 1 cup skim or 1% milk

1. Place turkey pieces and flour in a plastic bag and shake to coat.
2. Put turkey, oil, potatoes, zucchini, peppers, carrots, onion, garlic, thyme and black pepper in a large casserole and bake in a 400°F oven uncovered for 20 to 25 minutes, stirring 1 to 2 times.
3. Add broth and milk and cook covered for another 10 to 15 minutes or until turkey and vegetables are tender. Stir in finely chopped fresh flat leaf parsley and serve.



### NUTRITIONAL INFORMATION (PER SERVING):

**Calories: 374**

**Protein: 34 g**

**Carbohydrate: 39 g**

**Fat: 9 g**

**Saturated Fat: 1 g**

**Dietary Fiber: 5.6 g**

**Sodium: 342 mg**

**Calcium: 136 mg**