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|  | **Ingredients** | **Step** |
| Turkey Stroganoff | 1 teaspoon  **oil**  1 pound  lean **ground turkey** (15% fat)  2⁄3 cup  chopped **onion** (2/3 medium onion)  1⁄2 cup  **green pepper**, seeded and chopped (about 1 small pepper)  2 cloves  **garlic**, minced or 1/2 teaspoon garlic powder  1 can  **kidney beans**, drained and rinsed (15 ounce or 1 3/4 cups)  1 can  **great northern beans**, drained and rinsed (15 ounce or 1 3/4 cups)  1 can  solid-pack **pumpkin** (15 ounce or 1 3/4 cups)  1 can  crushed **tomatoes** (15 ounce or 1 3/4 cups)  1 can  **chicken broth**, low sodium (15 ounce or 1 3/4 cups) (see notes)  1⁄2 cup  **water**  2 Tablespoons  **brown sugar**  1 package  **taco seasoning** mix (1.25 ounces) | 1. Pour oil into a 4 quart (or larger) saucepan. 2. Add ground turkey, onion, green pepper and garlic. 3. Cook and stir, breaking meat apart until meat is brown and vegetables are tender. 4. Stir in the beans, pumpkin, tomatoes, broth, water, brown sugar and taco seasoning. 5. Bring to a boil. Reduce heat; cover and simmer for 1 hour. 6. Refrigerate leftovers within 2 hours. |