



## *Healthy Eating & Weight Loss*

### **Curried Turkey Stew**

- 2 tsp olive oil
- 1 onion, chopped
- 1 sweet yellow pepper, chopped
- 1 zucchini, chopped
- 2 cans(10oz) sliced mushrooms, drained
- 2 tbsp Indian Curry Paste (mild, medium or hot -- your preference)
- 1 can (19 oz) diced tomatoes, drained
- 1 cup drained rinsed cooked chickpeas
- 1 tbsp Tomato Paste
- 2 cups cooked turkey breast - perfect for leftovers - chopped
- 1 tbsp minced fresh ginger
- 1/4 cup mango chutney -- OPTIONAL
- 1/4 cup fat free plain yogurt - OPTIONAL

Heat oil in a large deep nonstick skillet over medium heat. Cook onion, yellow pepper, zucchini and curry, stirring often, for 5 minutes or until tender.

Add mushrooms, tomatoes, chickpeas and tomato paste, cook, uncovered for 5-7 minutes or until vegetables are very tender. Add turkey and ginger and cook for 3 minutes or until heated through.

If using the chutney and yogurt - use to garnish. Makes 4 servings.

**313 calories per serving, 29 g protein**

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