

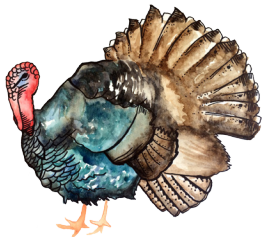


FARM FRESH IN NOVEMBER

TURKEY & BUTTERNUT SQUASH STEW

INGREDIENTS:

- 1 medium onion, chopped
- 2 carrots, chopped
- 3 cloves garlic
- 1 medium butternut squash, peeled and chopped
- 1 cup green peas, frozen OK
- 4 cups or more cooked turkey,
cut or shred into bite-sized pieces
- 7 cups turkey or chicken stock
(add water if necessary to get 7 cups of liquid).
- 1 Tbsp olive oil
- salt & pepper to taste





INSTRUCTIONS:

1. Heat 1 tablespoon olive oil in a large pan. Add onions and sauté for about 5 minutes, until they begin to soften.
2. Add carrots, butternut squash, and garlic. Sauté for about two more minutes.
3. Add stock to the pan, bring to a boil, then reduce to simmer on medium low. After the veggies simmer for about 10 minutes, stir in the turkey and peas.
4. Let the stew simmer uncovered at least 30 more minutes until the veggies are tender. A full hour of cooking time is ideal to really let the flavor build up.
5. Stir occasionally as the stew simmers, and break up a few pieces of the squash as you do to distribute the flavor throughout the liquid.
6. Add salt and pepper to taste, serve in a bowl along with crusty bread. Enjoy!