Southwestern Turkey Stew

Active Time: 10 minutes | **Total Time:** 20 minutes | **Serves:** 2

Nutrition Information Per Serving

401.8 calories, 21.06 g carbohydrate, 6.15 g fiber, 14.91 g NET carbs, 29.3 g protein, 23.19 g fat

Ingredients

- 1/2 tsp(s) Real Salt
- 1 clove garlic, minced
- 1 medium organic onion, diced
- 1 medium red bell pepper, diced
- 2 cup(s) chopped organic diced tomatoes
- 1/2 tsp(s) fresh ground pepper, to taste
- 1/2 tsp(s) organic dried oregano
- 1 tsp chili powder
- 1 tsp ground cumin
- 1/2 pound(s) organic turkey breast, cubed
- 1 medium zucchini, diced
- 2 Tbsp(s) avocado oil

Preparation

1. Heat the oil in a saucepan over medium high heat.
2. Add the onions, peppers, zucchini, and garlic and cook until soft.
3. Add the seasonings and cook for 1 minute.
4. Add the turkey breast and cook until browned.
5. Season with salt and pepper.
6. Add the tomatoes and enough water to thin to a soup consistency. Bring to a boil.
7. Simmer for 10-15 minutes, until turkey is cooked through and liquid is slightly reduced.
8. Serve garnished with green onions.

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