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Turkey Lentil Stew

This stew makes use of ground turkey to add extra protein, giving you well-balanced nutrition that's perfect for any post-workout meal. You'll also get a hearty dose of antioxidants thanks to the addition of mustard greens.

Ingredients

2 tbsp olive oil
3/4 lb. ground turkey breast
2 medium onions, chopped
2 medium carrots, chopped
2 green peppers, chopped
2 cloves garlic, chopped
6 cups low-sodium chicken broth
4 cups stemmed and torn mustard greens
2 cups sweet potatoes, cut into pieces
1 cup dried lentils
salt and pepper to taste

Directions

1. In a large pot, combine the broth, mustard greens, sweet potatoes, lentils, salt, and pepper. Put on low heat.
2. Heat 1 tablespoon of olive oil in a skillet over medium heat.
3. Add half the garlic and ground turkey, cooking until no longer pink. Be careful not to burn the garlic. Remove from skillet and set aside.
4. Heat the second tablespoon of olive oil in the same skillet, again over medium heat.
5. Add the garlic, onion, carrots, and pepper. Sauté for 3-4 minutes or until onions are fragrant.
6. Add to the pot containing the broth mixture.
7. Bring stew to a boil, then reduce heat and simmer for 20 minutes.
8. Add the ground turkey and garlic to the pot, cover, and cook for another 10-15 minutes, stirring every 5 minutes or so.
9. Serve immediately.

Makes 4 servings.