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Lentil Bean & Ground Turkey Stew

- 1 lb ground turkey
- 1 Tbsp oil
- ½ onion, diced
- 1 can (15 oz) lentils, drained and rinsed
- 1 can (15 oz) diced tomatoes
- ½ can (15 oz) carrots, drained and rinsed
- 3 cups chopped kale
- 1 packet of Spanish rice with seasoning packet
- 3 cups chicken broth or water
- Salt and pepper to taste

Instructions

1. In a large pot over medium heat, warm 1 tablespoon of oil. Add diced onion and sauté until softened (about 3-4 minutes).
2. Add ground turkey, cooking until browned and breaking it apart as it cooks.
3. Stir in the seasoning packet from the rice packet, salt, and pepper. Cook for 1-2 minutes to allow the spices to bloom.
4. Add the diced tomatoes (with juices), carrots, and lentils. Stir well to combine.
5. Add your chicken broth or water and bring the stew to a simmer. Reduce heat to low, and let it cook uncovered for 30-40 minutes, stirring occasionally.
6. Once cooked down, add the kale and rice packet.
7. Taste and adjust salt and pepper as needed. Serve hot alongside Garlic Herb Cornbread.

Notes:



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Garlic Herb Cornbread

- 1 cup cornbread mix
- ½ cup milk
- 1 large egg
- 1 Tbsp melted butter or oil
- ½ tsp garlic powder
- 1 tsp fresh thyme (or ½ tsp dried)

Instructions

1. Preheat oven to 375°F and grease a muffin tin or baking dish.
2. In a bowl, mix cornbread mix, milk, egg, melted butter or oil, garlic powder, and thyme.
3. Pour batter into muffin tins or a small baking dish.
4. Bake for 12-15 minutes or 20-25 minutes until golden brown.
5. Let cool slightly before serving.

Notes:
