

Turkey Stew

INGREDIENTS:

- 1 to 1 1/2 lbs turkey tenderloins, cut into 3/4-inch pieces
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1 sweet red bell pepper, cut into 3/4 inch pieces
- 1 sweet green bell pepper, cut into 3/4 inch pieces
- 1/2 cup chopped carrots
- 1 large onion, chopped, 3/4 to 1 cup
- 3 cloves garlic, minced
- 1 (15 1/2-oz) can chili beans in spicy sauce, undrained
- 1 (14 1/2-oz) can stewed tomatoes or chili-style tomatoes, undrained
- 3/4 cup your favorite salsa or picante sauce

PREPARATION:

Place turkey pieces in crock pot. Sprinkle turkey with chili powder, cumin, and salt; toss to coat pieces. Add bell peppers, carrots, onion, garlic, beans, tomatoes, and salsa. Mix well. Cover and cook on LOW 5 hours or until turkey is cooked through and vegetables are tender. Serve in bowls, topped with a small dollop of sour cream, a sprinkling of cilantro or parsley, or other garnish.