

From Jennette Turner, Natural Foods Educator and Creator of *Dinner with Jennette*  
<http://www.wedge.coop/food/foodinfo-dinner-with-jennette.html>

**Dijon Turkey Stew with Butternut Squash and Kale**

Est. Total cost: \$14.60 (using chicken bouillon). Serves 4.

This warming and nourishing stew is delicious by itself, but if you want to you can serve it with crackers or bread.

1 lb. boneless skinless turkey breast, chopped into bite-size pieces

1/4 c. brown rice OR whole wheat flour

3 T. butter OR olive oil

1/2 c. white wine OR 1/2 c. chicken stock + 2 tsp. apple cider vinegar

3 c. chicken stock (boxed, canned or powdered/bouillon)

2 T. prepared Dijon mustard

1 tsp. salt (you might not need this much if your stock is salty)

1 & 1/2 lb. butternut squash, peeled and chopped into bite-size pieces

1 onion, chopped

1 stalk celery, chopped

3 leaves kale, chopped (about 2 c.)

Put flour in a mixing bowl and add turkey pieces. Toss well to coat.

Warm butter in a heavy-bottomed soup pot. Add the turkey pieces and sauté until they are lightly browned on all sides, around 5-7 minutes.

Remove turkey from pot and set aside.

Add wine or chicken stock + vinegar to the pot and deglaze — scrape up all the brown bits from the bottom of the pot. (A flat bottomed wooden spoon works really well for this.)

Whisk in the chicken stock, mustard, and salt. Mix well, and bring to a boil.

Add the squash, onion, celery and browned turkey. Bring to boil again, then turn heat down and simmer for 20 minutes.

Add the kale and continue cooking another 5-10 minutes.