



INGREDIENTS

- *Avocado Oil or EVOO
- *1lb ground turkey
- *1 med onion, diced
- *2 med zucchini, sliced
- *1/2 lg cabbage, chopped
- *1 can diced tomatoes
- *1 jar pasta sauce
- 1.5 c cooked brown lentils
- *1.5c chicken broth
- *1 tsp dried basil

30-MIN TOMATO- STEWED ZUCCHINI & LENTILS

DIRECTIONS

1. Cook meat in large pot or dutch oven, then set aside. Saute onion and zucchini in oil until softened.
2. Add cabbage, tomatoes, sauce, broth, lentils, meat, and basil to the veggies. Season with salt and pepper to taste.
3. Cover and cook 10 min. until cabbage is softened but not mushy.