

# *Hearty Turkey Ragout*

*Prepare this quick and easy version of an old favourite using leftover turkey and Ontario vegetables.*

|                               |  |
|-------------------------------|--|
| Two tablespoons (25 mL)       | vegetable oil                              |
| One large                     | Ontario onion, chopped                     |
| Three cloves                  | Ontario garlic, minced                     |
| Eight ounces(250 g)           | fresh Ontario mushrooms, cut in half       |
| Two tablespoons (25 mL)       | all-purpose flour                          |
| Two & one-half cups (625 mL)  | turkey or chicken broth                    |
| One-half teaspoon (2 mL) each | dried thyme and sage                       |
|                               | Salt and pepper                            |
| Four cups (1 L)               | cooked turkey, coarsely chopped            |
| Two cups (500 mL)             | red Ontario potatoes, cooked and quartered |
| Two cups (500 mL)             | Ontario Carrots, cooked and diced          |
| One cup (250 mL)              | Ontario Parsnips, cooked and sliced        |
| One can (19 oz., 540 mL)      | white pea (navy) beans, drained and rinsed |
| One cup (250 mL)              | green peas (frozen or leftover)            |

1. In a large deep skillet or shallow casserole, heat oil over medium heat.
2. Add onion, garlic and mushrooms; cook for 7 minutes, stirring often.
3. Sprinkle with flour; cook stirring 1 minute.
4. Stir in broth, thyme, sage, and salt and pepper to taste; bring to boil, stirring.
5. Reduce heat; add turkey, potatoes, carrots, parsnips, beans and peas; heat through.

*Serves 4.*

Tip (Optional): Garnish with fresh herbs.

## *Nutritional Information Per Serving*

Protein: 38.0 g      Fat: 10.0 g      Carbohydrates: 71.0 g      Calories: 526

Taken from [www.foodland.gov.on.ca](http://www.foodland.gov.on.ca) with permission.