

Turkey, Kale Cassoulet

Portion Size: 1 ½ cup

Yield: 7

Ingredients:

Canola Oil	¼ cup
Ground Turkey (93% lean)	2 lbs
Button Mushrooms, sliced	¾ lb
Kale, chopped	½ lb
Cannellini Beans (drained and rinsed)	1 can
Red Pepper Flakes	1 tsp
Low Sodium Chicken Stock	3 cups
Salt	½ tsp
Black Pepper	¼ tsp
Parmesan Cheese	¼ cup

Preparation:

1. Heat oil in a skillet. Add turkey and brown. Add mushrooms and sear. Add kale and cook until softened.
2. Stir in beans, crushed red pepper, and chicken stock. Allow to simmer for about 10 minutes or until stock is slightly reduced.
3. Finish with salt, and pepper. Garnish with parmesan.

RD NOTE: Buy 'no salt added' or 'low sodium' canned beans.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
390	36	20	6	2	20	4	500



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