
TURKEY CURRY



Ingredients:

- 1 lb ground turkey
- 6 cubes of Vermont Curry (it has an applewood flavour) Medium Hot
- 1 cup roasted corn
- River Alexandra Song
- 1 cup chopped spinach
- 1 cup chopped broccoli

You can add more veggies, red bell pepper for colour, or carrots this will add a splash of colour.

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METHOD:

- *Brown the turkey in a bit of olive oil and then add the curry cubes until they melt down and form a lovely thick sauce.*
 - *At this point, I transfer it to a crock pot and let it continue to simmer on low and adding vegetables and water to keep it at the desired consistency.*
 - *When completely heated, keep it in the crock pot on low and make some saffron rice, you can add some powdered cheese to kick up the flavour as it cooks.*
 - *Make a fresh side salad , pour your favorite drink and enjoy.*
 - *414 calories prepared 4 servings Rice 190 calories per serving*
- Total calories 294 per serving*