



Diabetic German Stew

Lean, healthy and tasty!

Serves 4

INGREDIENTS

From Weiss'

- ☐ 1 lb ground turkey
- ☐ 1 package sauerkraut, drained

From your Grocer

- ☐ 1 cup chopped onion
- ☐ 1/2 teaspoon caraway seeds
- ☐ 1 cup cooked rice
- ☐ 1 3/4 cups chunky tomato sauce (like Hunt's)
- ☐ 1/2 cup water
- ☐ 1 1/2 TBS Brown Sugar Twin
- ☐ 1 tsp dried parsley flakes

PREPARATION

- In a large skillet sprayed with cooking spray, brown meat and cook onion.
- Add rice, sauerkraut, tomato sauce, water, Brown Sugar Twin and parsley flakes.
- Mix well to combine.
- Reduce heat and simmer for 15 minutes, stirring occasionally.