



# Nellie's Kale Stew

*A tasty stew anytime of the year.*



## INGREDIENTS

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| 1 tablespoon vegetable oil                | 4 cups water                                     |
| 1 large onion, chopped                    | 1 pound kale, chopped                            |
| 2 cloves garlic, chopped                  | 2 medium carrots, chopped                        |
| 1 medium green bell pepper, chopped       | 2 medium white potatoes, cut into cubes          |
| 1 (8-ounce) can tomato sauce              | nonstick cooking spray                           |
| 1 (6-ounce) can tomato paste              | ½ pound turkey kielbasa, sliced into thin rounds |
| 1 (14-ounce) can low-sodium chicken broth |  |

## PREPARATION

1. In a large pot, heat oil over medium-high heat.
2. Sauté onion, garlic, and bell peppers until tender, about 5 minutes.
3. Add tomato sauce, tomato paste, chicken broth, water, kale, carrots, and potatoes. Cook on medium-high heat until potatoes are tender, about 45 minutes.
4. Spray a medium skillet with nonstick cooking spray. Sauté kielbasa until heated through, about 5 minutes.
5. Add turkey kielbasa to stew and cook for 15 minutes more. Serve while hot.

**Makes 10 Servings.** *1½ cups per serving.*

**Prep time:** 10 minutes **Cook time:** 1 hour and 10 minutes

*Nutrition information per serving:* Calories 127, Carbohydrate 18 g, Dietary Fiber 3 g, Protein 7 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 12 mg, Sodium 596 mg