

## MORSELS AND MORE

### Fall Stew

1 Tbl. Olive oil, heat and add...

2 cups diced carrots

2 cups diced parsnips

1 cup diced butternut squash

3 stalks diced celery

(Pre-boil veggies, whole or, in the case of the squash, halved, until they are somewhat soft but not mushy. They will be easier for residents to cut and quicker to cook.)

1 medium onion, diced

Stir to coat then add...

1 cup chicken broth

1 tsp. cinnamon

1 tsp. cumin

1 tsp. chili powder

Stir to coat well

Add 1 28oz. can of diced tomatoes

And 1 pound of pre-cooked ground turkey

Cover and simmer for 10 minutes. Serve with crusty bread