



Turkey Squash Skillet Supper

Ingredients

1-1/2 lbs. fresh turkey breast or thighs, boned, skinned, and cut into bite-size cubes
1 large butternut or acorn squash, peeled, seeded, and cut into 1-inch cubes
1 large onion, chopped (about 1-1/2 Cups)
2 cloves garlic, minced
1 cup green cabbage, coarsely shredded
1/2 cup carrot, coarsely grated
3 large tomatoes, chopped, or one 16-Ounce can diced tomatoes
1 quart chicken broth or stock, plus up to an additional 2 Cups if needed
1 T. chopped fresh basil or 1 Teaspoon dried basil
1/2 T. chopped fresh rosemary or 1/2 Teaspoon dried rosemary
1/2 tsp. dried oregano
1/2 tsp. red pepper flakes (or more, to taste)
salt and freshly cracked black pepper to taste
additional chopped fresh basil or parsley for garnish

For thickening:

2 T. butter
2 T. flour

Preparation

In 12-inch cast-iron skillet (halve the recipe to prepare in a 10-inch skillet), combine all ingredients — turkey, vegetables, herbs, seasonings, and broth — except those for thickening.

Heat just to boiling. Cover, reduce heat to medium, and simmer, stirring frequently, for about 20 minutes, or until squash is tender and turkey cubes pull apart easily, with no pink inside. If mixture becomes dry, add up to two additional cups of broth or stock.

In a second small skillet, melt butter over medium heat and stir in flour. Cook and stir over medium-low heat, stirring well. Slowly add one cup of broth from the stew. Cook and stir until the mixture forms a thick paste, about 1 to 2 minutes. Gradually add thickened mixture back into stew, stirring continuously, until stew thickens. Spoon into shallow bowls and garnish with additional fresh basil or parsley.