

# Cowboy Casserole

## Ingredients:

- 1 onion, chopped
- 1 pound ground turkey, browned and drained
- 6 small potatoes, sliced
- 1 medium red pepper, diced
- 1 medium green pepper, diced
- 1 garlic clove, minced
- 16 ounce can kidney beans, drained
- 15 ounce can diced tomatoes
- 2 Tbsp flour
- 1/4 tsp pepper

**Directions:** Layer onions, ground turkey, potatoes, garlic, peppers, and beans in slow cooker. Spread tomatoes over all, sprinkle with salt and pepper. Cover and cook on low for 5-6 hours or until potatoes are tender.

<b>Nutrition Facts</b>	
Serving Size 1 cup (@ 10 -11 ounces) (329g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 240	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 6g	
<b>Protein</b> 16g	
Vitamin A 15%	• Vitamin C 100%
Calcium 4%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Analysis completed using The Food Processor SQL© Nutrition Analysis Software from ESHA Research, Salem, Oregon. 6-18-08