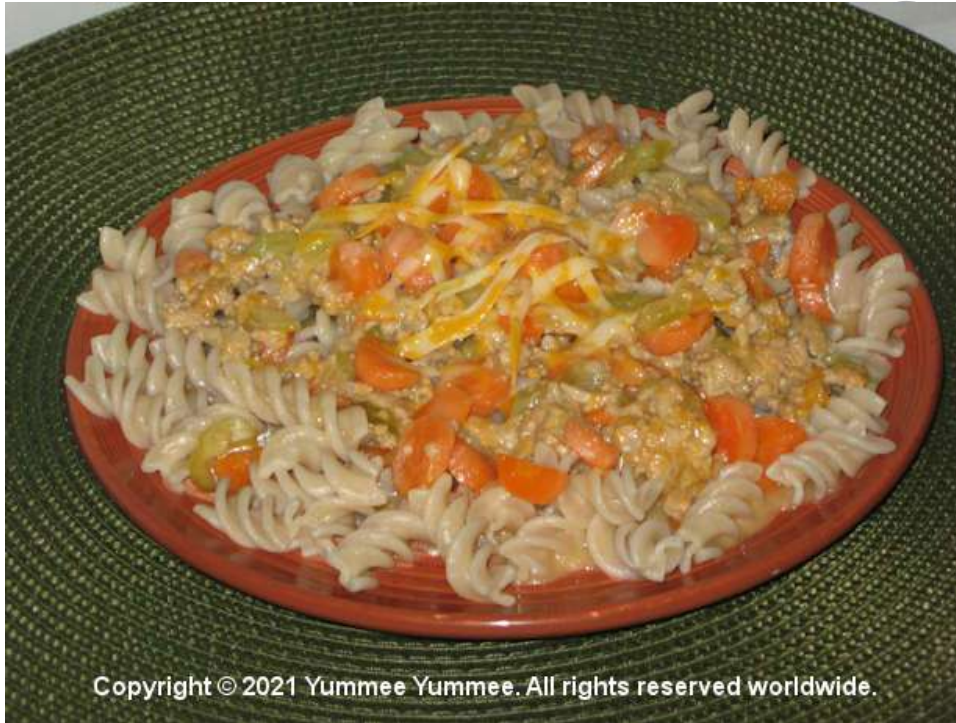


Cheesy Vegetables and Turkey



Turkey and Vegetables

1 pound ground turkey
1/3 cup finely chopped sweet onion
1 teaspoon dried minced garlic
3 ribs celery, sliced
3 medium carrots, sliced
2 vegetable bouillon cubes, or 1 1/2 teaspoons vegetable base
Water

Cheese

4 to 5 ounces prepared cheese product, sliced, or 6 to 8 slices American cheese

Noodles

1 (16 ounce) package spiral shaped noodles

Cornstarch

1 teaspoon cornstarch
2 tablespoons cold water

Topping

Shredded Colby-Jack cheese

In a 10 inch skillet, cook and brown turkey, onion, and garlic. Add celery, carrots, and bouillon cubes. Cover with water. Cook over medium low until vegetables are tender.

Add cheese product and cook until melted, stirring occasionally.

Meanwhile, cook and drain noodles.

Combine cornstarch and water. Stir until smooth. Add to turkey, vegetables, and cheese mixture. Allow to thicken slightly. Serve over cooked noodles. Top with shredded cheese.

Serves 3 to 4

Cook's Note: If cooking gluten-filled, extra wide egg noodles are a delicious alternative to gluten-free spirals.

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