

## Hamburger Stew

*Submitted by Kelly S.*

1 1/2 lbs. ground lean turkey  
1 med. onion chopped  
1-28 oz diced tomatoes,  
including juices  
28 oz Swanson's® Lower Sodium  
Beef Broth  
1 C. water  
4 celery ribs thinly sliced  
4 large carrots thinly sliced  
1/2 T pepper  
1 tsp thyme  
1 C. quick cooking barley

Cook meat, onion & celery till tender and the meat is not pink. Rinse the meat under hot water. Put meat back in pan and then add tomatoes, broth, water, carrots, & spices. Bring to boil, reduce heat and cook about 40–50 minutes. Add barley, cook for 10–12 minutes. Makes 8 servings.

Nutritional information per serving: 233 calories; 21 grams protein, 6 grams fat, 28 grams carbohydrates, 707 mg sodium.