

Southwest Turkey Sausage and Hominy Stew

By: Not Your Mother's Slow Cooker Cookbook

Ingredients:

- 1 1/4 cups prepared salsa, medium or hot
- 1 cups coarsely chopped red bell pepper, 1" pieces
- 1 cup coarsely chopped yellow bell pepper, 1" pieces
- 1 (10 oz) box frozen yellow or white corn kernels, thawed
- 1 (15 oz) can white or golden hominy, rinsed and drained
- 1 tbsp chili powder
- 1 (12 oz) package smoked turkey sausage, cut into 1/2" thick rounds
If uncooked, brown on stovetop
- 2 tbsp tequila

For Serving:

- 3 cups hot cooked long-grain white or brown rice
- 1/2 cup crushed tortilla chips, baked or regular
- 1 medium-large ripe mango (10-14 ounces), peeled and sliced off the pit
- 1/2 cup chopped fresh cilantro
- 1/4 cup chopped green onions (white part and some of the green)
- 3/4 cup sour cream (reduced fat or nonfat are okay)
- * All of serving suggestions are optional

Instructions:

1. Combine the salsa, bell peppers, corn, chili powder, hominy, sausage pieces, and tequila in the crockpot.
2. Cover and cook on LOW for 5-7 hours
3. To serve, divide the rice among 4 bowls; top each serving with the stew, some crushed chips, mango slices, cilantro, green onion and a big dollop of sour cream.

JOYCE LANDE, HAPPY AND HEALTHY LIFESTYLES

www.happyandhealthylifestyles.com | joyce@happyandhealthylifestyles.com | 847-754-1593

Nutrition Educator & Kitchen Coach | Outreach Programs | Meal Planning, Prep & Catering