

Turkey Stir Fry *Makes 4 servings, ½ cup each*

1 chicken bouillon cube	½ lb. turkey cubed
½ cup hot water	½ cup onions, thinly sliced
2 Tablespoons soy sauce	¼ cup hot water
1 Tablespoon cornstarch	2 cups zucchini summer squash
2 Tablespoons vegetable oil	1 cup carrots
½ teaspoon garlic powder	

1. Combine chicken bouillon cube and hot water to make broth; stir until dissolved.
2. Combine broth, soy sauce, and cornstarch in small bowl. Set aside.
3. Heat oil in skillet over high heat. Add garlic and turkey. Cook, stirring, until turkey is thoroughly cooked.
4. Add carrots, zucchini, onion, and water to cooked turkey. Cover and cook, stirring occasionally, until vegetables are tender-crisp, about 5 minutes. Uncover, bring turkey mixture to boil. Cook until almost all liquid has evaporated.
5. Stir in cornstarch mixture. Bring to boil, stirring constantly until thickened.

Note: Serve over steamed rice.
