

Turkey Noodle Casserole

INGREDIENTS

- 1-2TBS grass-fed butter
- 2C whole grain noodles (or choice of noodles), cooked
- 2C carrots, chopped
- 1/2c peas, frozen or thawed
- 2C broccoli, chopped
- 1 1/2C mushroom, chopped
- 1/2C leeks, chopped
- 2 cloves garlic, chopped
- 1/4tsp sea salt
- 1/8tsp black pepper
- 1TBS oregano
- 1/4tsp thyme
- 1tsp basil
- 1/2C heavy cream
- 1C turkey bone broth (or broth of choice)
- 1-2C shredded turkey (or chicken)
- 1 1/2C shredded cheddar cheese

1. Preheat oven to 350°F.
2. Melt butter in large pot over stove. Once melted, add veggies and seasoning and saute for a few minutes until veggies begin to sweat.
3. Add broth and cream and bring to a boil, then reduce to a simmer until veggies become soft but still firm.
4. Add turkey and mix well.
5. Add cheese and toss until cheese is evenly distributed throughout casserole.
6. Remove from heat and place in oven, covered, for about 10 to 12 minutes.
7. Remove from oven and top with extra shredded cheese and a little extra seasoning if you choose (sea salt, pepper, oregano). Then place back in the oven, uncovered, for about 5-7 minutes until cheese is melted.
8. Remove from oven and serve.