**Description:** A hearty and nutritious dinner recipe packed with protein and fiber, combining the flavors of turkey mince, chickpeas, onions, sweet potatoes, and lentils.

## **Ingredients:**

- 500g turkey mince
- 1 can chickpeas, drained and rinsed
- 2 medium onions, chopped
- 2 large sweet potatoes, peeled and chopped
- 1 cup brown or green lentils, rinsed and drained

## **Instructions:**

- 1. In a large pot, heat 2 tablespoons of oil over medium heat.
- 2. Add the chopped onions and cook until they are translucent.
- 3. Add the turkey mince, breaking it up with a spoon as it cooks, until it is no longer pink.
- 4. Add the chopped sweet potatoes, chickpeas, lentils, and enough water to cover all the ingredients.
- 5. Bring the mixture to a boil, then reduce the heat to low and let it simmer for about 30-40 minutes, or until the sweet potatoes and lentils are tender.
- 6. Season with salt and pepper to taste, then serve hot.

## Tips:

- You can also make this recipe in a slow cooker. Brown the turkey and onions in a pan, then transfer everything to the slow cooker and cook on low for 6-8 hours.
- For a thicker stew, mash some of the sweet potatoes against the side of the pot before serving.

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Original ingredients requested: Turkey mince, Chickpeas, Onions, Sweet potatos, Lentils (Meal type: dinner)