

Turkey and Stuffing Casserole

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Servings: 6

vegetable cooking spray
1 can (19-3/4 ounce) condensed
Cream of Mushroom soup
1 cup milk or water
1 bag (16 ounces) frozen vegetable
combination (broccoli, cauliflower,
carrots), thawed
2 cups cooked turkey or chicken,
cubed
4 cups herb seasoned stuffing
1 cup (4 ounces) Swiss or Cheddar
cheese, shredded

Preparation Time: 15 minutes

Preheat the oven to 400 degrees.

Spray a two-quart casserole with cooking spray.

In a large bowl, stir the soup and milk. Add the vegetables, turkey and stuffing. Mix lightly. Spoon the turkey mixture into the casserole.

Bake for 20 minutes or until the turkey mixture is hot and bubbling.

Stir the turkey mixture. Top with the cheese.

Bake for 5 minutes or until the cheese is melted.

Start to Finish Time: 40 minutes

Per Serving (excluding unknown items): 52 Calories; 4g Fat (65.4% calories from fat); 1g Protein; 4g Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 412mg Sodium. Exchanges: 0 Grain(Starch); 1 Fat.

Turkey

Per Serving Nutritional Analysis

Calories (kcal):	52
% Calories from Fat:	65.4%
% Calories from Carbohydrates:	28.4%
% Calories from Protein:	6.2%
Total Fat (g):	4g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	2g
	1mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	2mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0.00%

Cholesterol (mg):
 Carbohydrate (g): 4g
 Dietary Fiber (g): trace
 Protein (g): 1g
 Sodium (mg): 412mg
 Potassium (mg): 34mg
 Calcium (mg): 13mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): trace
 Vitamin A (i.u.): 0IU
 Vitamin A (r.e.): 0RE

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 1
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 52 Calories from Fat: 34

% Daily Values*

Total Fat	4g	6%
Saturated Fat	1g	5%
Cholesterol	1mg	0%
Sodium	412mg	17%
Total Carbohydrates	4g	1%
Dietary Fiber	trace	1%
Protein	1g	

Vitamin A	0%
Vitamin C	1%
Calcium	1%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.