

## Slow Cooker Turkey and Sweet Potatoes

*How sweet it is. Dinner cooks while you get your afternoon errands done!*

- 3 medium sweet potatoes, peeled and cut into 2-inch pieces
- 3 turkey thighs, skin removed (1 1/2 pounds)
- 1 jar (12 ounces) homestyle turkey gravy
- 2 tablespoons Gold Medal® all-purpose flour
- 1 teaspoon parsley flakes
- 1/2 teaspoon dried rosemary leaves, crumbled
- 1/8 teaspoon pepper
- 1 package (10 ounces) frozen cut green beans

1. Layer sweet potatoes and turkey in 4- to 5-quart slow cooker. Mix remaining ingredients except beans until smooth. Pour over turkey.
2. Cover and cook on high heat setting 1 hour. Reduce heat to low heat setting. Cook 5 hours. Stir in beans. Cover and cook 1 to 2 hours or until juice of turkey is no longer pink when centers of thickest pieces are cut.
3. Remove turkey and vegetables from slow cooker with slotted spoon. Stir sauce. Serve sauce with turkey and vegetables.

**Note:** This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer's directions for layering ingredients and choosing a temperature.

### **Serving:**

Calories 335 (Calories from Fat 70 );

Total Fat 8 g (Saturated Fat 3 g);

Cholesterol 155 mg; Sodium 450 mg;

Total Carbohydrate 26 g (Dietary Fiber 4 g);

Protein 44 g

**% Daily Value:** Vitamin A 100 %; Vitamin C 16 %; Calcium 8 %; Iron 26 %

**Exchanges:** 1 1/2 Starch; 1 Vegetable; 5 Very Lean Meat

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