Baked Hawaiian Potato Casserole

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Servings: 4

1 pound ground turkey 1 onion, chopped 1 1/2 pounds Blushing Belle little potatoes, sliced in half 1 clove garlic, minced salt (to taste) pepper (to taste) 8 ounces pineapple (freshly chopped or canned) 1 pound cooked ham. roughly chopped 1 red pepper, chopped 1 green bell pepper, chopped 2 cups chicken or turkey broth 1 can (19 ounce) white kidney beans (optional), drained

Preparation Time: 15 minutes Cook Time: 1 hour 10 minutes

In a large frying pan over medium-high heat, add the turkey. Cook for 1 minute. Stir in the onion, potatoes and garlic. Season with salt and pepper. Continue cooking until browned, about 7 to 10 minutes.

Preheat the oven to 375 degrees.

Stir in the pineapple, ham, red pepper, green pepper, chicken broth and kidney beans. Toss until well combined. (You may have to do this in a large mixing bowl depending on how large your pan is). Season again.

Pour into a large casserole dish (13x9-inch minimum). Cover with aluminum foil.

Bake for 20 minutes. Uncover. Stir.

Continue baking, uncovered, for another 40 minutes or until the potatoes are tender, making sure to stir every 15 minutes.

Allow to cool slightly before serving (the liquid will soak into the potatoes creating a thicker sauce).

Per Serving (excluding unknown items): 403 Calories; 22g Fat (48.9% calories from fat); 41g Protein; 10g Carbohydrate; 2g Dietary Fiber; 154mg Cholesterol; 1604mg Sodium. Exchanges: 5 1/2 Lean Meat; 1 Vegetable; 1 Fat.