

Uploaded to VFC Website → → January 2013 ← ←

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

Veterans-For-Change

Veterans-For-Change is a 501(c)(3) Non-Profit Corporation Tax ID #27-3820181

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Sesame-Ginger Turkey Wraps

Prep Time: 20 mins Cook Time: 3 h Rest Time: 5 mins

Total Time: 3 h 25 mins

Ingredients

cooking spray

> 3 turkey, thighs

> 1 cup(s) sesame-ginger stir-fry sauce

> 1/4 cup(s) water

➤ 16 ounce(s) broccoli slaw mix

➤ 12 large tortilla(s), flour

> 3/4 cup(s) scallion(s) (green onions)

Recipe Tip:

Cook 6 to 7 hours (low), or 3 to 3 1/2 hours (high).

Preparation

- 1. Lightly coat a 3 1/2- or 4-quart slow cooker with nonstick cooking spray. Place turkey thighs in slow cooker. In a small bowl stir together stir-fry sauce and the water. Pour over turkey.
- 2. Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3 1/2 hours.
- Remove turkey from slow cooker; cool slightly. Remove turkey from bones; discard bones.
 Using 2 forks, separate turkey into shreds. Place broccoli in sauce mixture in slow cooker. Stir
 to coat; cover and let stand for 5 minutes. Using a slotted spoon, remove broccoli from slow
 cooker.
- 4. To assemble, place some of the turkey on each tortilla. Top with broccoli mixture and green onions. Spoon sauce from slow cooker on top of green onions. Roll up and serve immediately.