

# SOUTHERN SKILLET



**INGREDIENTS**    Serves: 6 | Serving Size: 1/2 cup rice with 1 cup turkey mixture

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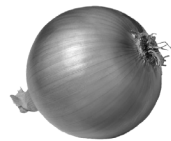
**brown rice**  
1 cup



**canola oil**  
1 tablespoon



**turkey sausage  
or ground turkey**  
14 ounces



**onion**  
1 medium



**red and green bell  
pepper**  
1 of each color



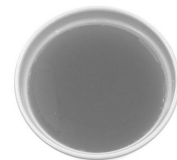
**no salt added  
canned corn or  
other vegetable**  
1 cup



**low sodium  
canned lima  
beans**  
1 cup



**Italian seasoning**  
1 teaspoon



**low sodium  
chicken broth**  
1/4 cup



# INSTRUCTIONS

## 1. COOK RICE



Heat 4 cups of water and brown rice in a pot over high heat and bring to a boil. Once boiling, cover, reduce heat and let cook for 25 minutes until rice is tender.

## 2. PREP VEGETABLES



Rinse your vegetables. Chop onion and slice bell peppers into thin strips.

## 3. DRAIN CANNED VEGETABLES



Using a colander, drain and rinse lima beans and corn to remove excess sodium.

## 4. BROWN TURKEY



Heat oil in a large skillet over medium heat and add turkey. Cook until browned and transfer to a plate.

## 5. COOK PEPPERS & ONIONS



In same skillet, add peppers and onions and sauté until soft, about 5 minutes.

## 6. ADD VEGETABLE OF CHOICE



Add corn or vegetables of choice and sauté another 2-4 minutes longer.

## 7. ADD SEASONINGS



Add lima beans, chicken broth, Italian seasoning and cook until broth is absorbed.

## 8. ADD TURKEY



Add the turkey and cook for an additional 1-2 minutes.

## 9. SERVE WITH RICE



Serve turkey and vegetable mixture over rice and enjoy.

### NUTRITION INFORMATION

Calories: 330

Total Carbohydrate: 39g

Protein: 17g

Total Fat: 9g

Dietary Fiber: 5g

Sodium: 230mg

LOWCOUNTRY FOOD BANK



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