SOUTHERN SKILLET

INGREDIENTS

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

- 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

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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

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