

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



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



This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP.
This Institution is an equal opportunity provider