

Turkey-Vegetable Skillet Recipe - for Christ House

Please use disposable 9x12 baking tray

Ingredients:

- 2 bags brown boil in a bag rice
- 2 Tbs Oil
- Dried Spices approx. 1 Tbs each (garlic salt, basil, oregano, thyme & rosemary)
- 1/2 large Onion
- 1 1/2 lbs ground turkey
- 1 (15oz) can crushed tomatoes (or 20 oz tomato sauce)
- 12 oz frozen vegetables (approx. one bag frozen)
- Approx. 1 can (15oz) kidney beans
- Approx. 4 cups shredded cheese

Directions:

1. Use 2 bags of Brown Rice (follow cooking instructions on box)
 - a. Add Turkey Better than Bouillon to water (optional)
2. Chop onion
3. Heat oil in a pot, add chopped onions and spices (garlic salt, basil, oregano, thyme & rosemary). Stir to combine and cook briefly (3 min).
4. Add turkey and brown.
5. Add cans of crushed tomatoes until all is warm.
6. Add frozen vegetables; cook until thawed.
7. Drain and rinse beans, then add to meat, rice and vegetable mixture.
8. Stir gently until well mixed and cook until warm. (Mixture is fully re-heated prior to serving)
9. Cool slightly, then mix in half the cheese
10. Sprinkle the remaining cheese over the meat mixture.
11. Layer in rice and turkey mixture into pan