

Spicy Brown Rice with Ground Turkey & Peppers

Servings: 2

Slightly adapted from

<http://www.kalynskitchen.com/2013/06/slow-cooker-spicy-brown-rice-sausage-peppers.html>

Ingredients

1 tsp olive oil

1/2 package ground turkey

1/2 green bell pepper, finely chopped

1/2 onion, finely chopped

1/2 tsp minced garlic

1/2 cup brown rice

1/4 tsp black pepper

1/8 tsp cayenne pepper

Chopped fresh parsley for garnish

Preparation

- 1) Cook rice according to package directions. Stir in black and cayenne pepper.
- 2) Meanwhile, heat 1 tsp oil in a large pot over medium-high heat. Add ground turkey and cook until golden brown, about 7-10 minutes. Add the onions and bell pepper; saute 5 minutes longer. Add garlic and saute 1 minute.
- 3) Add seasoned rice to sausage/pepper mixture. Combine well and divide among two plates. Garnish with fresh parsley