

HEARTY TURKEY & RICE

DIRECTIONS:

1. Heat oil in a large saucepan over medium high heat, cook onions 6 minutes or until richly browned on edges, stirring occasionally. Add the carrots, celery, rice, 5 cups water and bouillon. Bring to a boil over high heat, reduce heat to medium low, cover and cook 15 minutes.
2. Remove from heat, gently stir in the turkey, salt and black pepper, cover and let stand 10 minutes to absorb flavors.
3. Top with cheese, if desired.

Serves 4: Makes 7 cups; 1¾ cups per serving.



Recipe Provided by Nancy Hughes

YOU WILL NEED:

- 1 tablespoon canola oil (or other oil)
- 1 ½ cups onion, coarsely chopped
- 1 ½ cups fresh or frozen carrots, sliced
- 2 medium celery stalks, sliced
- 1 cup uncooked white rice
- 2 teaspoons chicken bouillon granules
- 1 (12.5 oz) can chunk turkey breast
- ¼ teaspoon black pepper
- ¼ teaspoon salt
- ¼ cup grated parmesan cheese (optional)

Cooking Tips:

- To minimize tears when chopping onions, always use a sharp knife. As soon as you cut an onion in half, turn the halves down so the exposed cuts are away from you.
- Drain the liquid off the canned turkey.

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