

Spanish Rice

★ MENU IDEA: Spanish rice, fruit, milk

Ingredients:

1 pound lean ground turkey*
1 15-ounce can tomato sauce
1 14.5-ounce can diced tomatoes
1 11-ounce can diced tomatoes with chili peppers
2 cups uncooked instant brown rice
1 cup water
2 ½ teaspoons chili powder
2 teaspoons Worcestershire sauce

Directions:

1. Brown turkey in skillet, drain off fat and discard.
2. Place drained turkey in slow cooker, add tomato sauce, tomatoes, rice, water, chili powder, and Worcestershire sauce. Stir to mix ingredients. Cover and cook 7 to 9 hours on low or 3 hours on high.
3. Stir before serving.

STOVE TOP OPTION: Return drained turkey to skillet. Add tomato sauce, tomatoes, rice, water, chili powder, and Worcestershire sauce. Stir to mix ingredients. Cover and simmer 20 to 25 minutes. Stir before serving.

*Buy ground turkey without the skin or buy ground beef and then rinse after cooking to lower the fat.

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