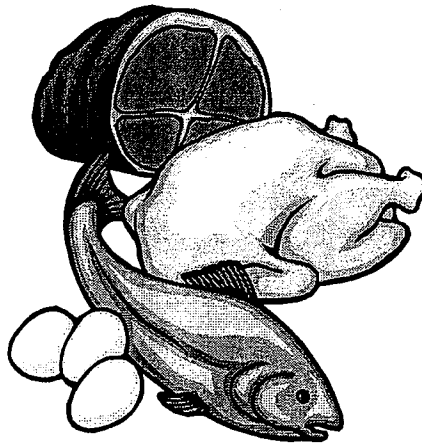


Meat, Poultry, Fish, and Eggs

Confetti Rice (Serves 6)

- 1 pound ground turkey
- 1/2 cup chopped onion
- 3 cups water
- 3 teaspoons chicken bouillon granules
- 1 1/2 cups uncooked rice
- 1 10-ounce package frozen peas
- Shredded cheese (optional)

1. Thaw peas in package under cold water for one to two minutes.
 2. Chop onion.
 3. Brown and stir ground turkey and onion in large sauce pan until cooked.
 4. Stir in water and bouillon. Bring to boil.
 5. Stir in rice and peas. Cover. Cook on low until all liquid is absorbed, about 20 minutes.
 6. Serve. Sprinkle with shredded cheese if desired.
- Refrigerate leftovers in shallow pan promptly. Eat leftovers within 1 or 2 days.



Source: Michigan State University Extension Video: Meat, Poultry, Fish, and Eggs

