

GROUND TURKEY STIR FRY

PLAN IT!

Plan your meals ahead of time to save time and money.

Food I already have in my pantry to prepare this recipe:

Food I need to purchase to prepare this recipe:

TIPS

- Use frozen or instant brown rice to reduce cooking time
- Vary your vegetables and protein. This recipe can be made many different ways.

PREPARE IT!

Serves: 2 Prep. Time: 15 min

Ingredients

- 1/2 small onion, diced
- 1/2 green bell pepper
- 1 cup stir fry vegetables, frozen
- 1/2 lb ground turkey
- 2 cups brown rice, instant or frozen
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- Salt and ground pepper, to taste

Instructions

1. Cook the brown rice.
2. Put a small amount of sesame oil in skillet on medium/high heat.
3. Add the ground turkey and cook until brown. Drain excess liquid.
4. Place the cooked turkey in a bowl and set aside.
5. On medium/high heat, put a small amount of sesame oil in the skillet. Add the onions and bell pepper, and cook for about 3-4 minutes.
6. Add frozen vegetables and cook on high heat for an additional 3-4 minutes. Stir occasionally.
7. Add the cooked brown rice and turkey until slightly crispy and heated through.
8. Stir in soy sauce and mix well.
9. Season with pepper and salt for taste.

ENJOY IT!

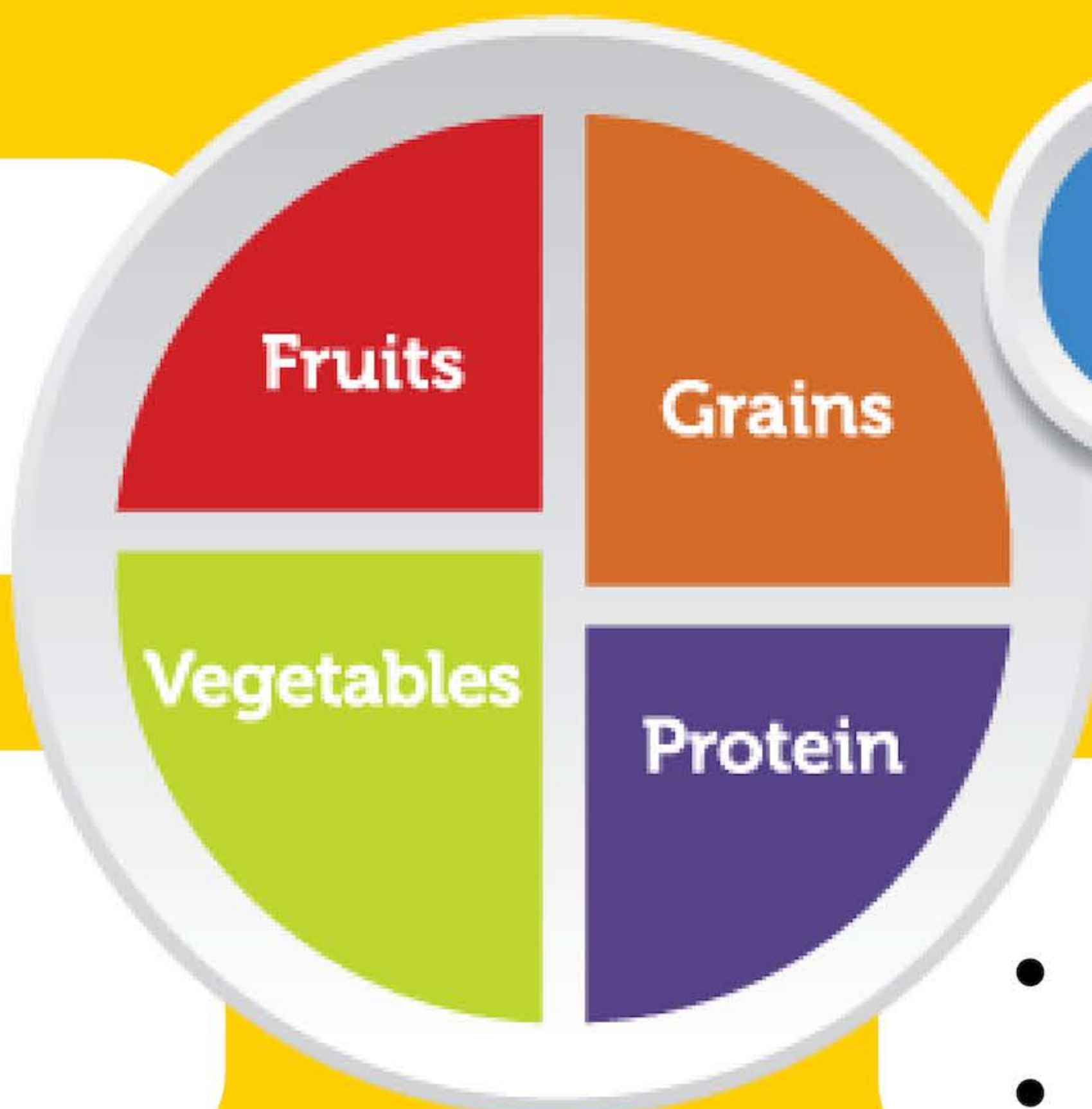
Use MyPlate to complete your meal. Fill in the blanks with foods of your choice.

Fruits

- Pineapple
- _____

Vegetables

- Edamame
- _____



Dairy
Yogurt

Grains
Pretzels

Dairy

Protein

- Cashews
- _____