



CREAMY TURKEY AND RICE

Ingredients

2 Tablespoons Butter
½ Cup Onion, diced
2 Cloves Garlic, minced
¼ Cup All Purpose Flour
½ Teaspoon Salt
¼ Teaspoon Black Pepper
2 Cups Chicken Stock
1 Cup 1% Milk
18oz Cooked Turkey,
chopped (or chicken)
2¼ Cups Dry Enriched Rice
1 Cup Frozen Corn Kernels
1 Cup Frozen Peas

Directions

1. Saute onion and garlic in butter for 2-3 minutes or until the onion is softened. Add the flour, salt, and pepper and continue to cook, stirring, for 1 minute. Slowly stir in the milk and chicken broth.
2. Add the turkey and the rice and bring to a boil over medium heat. Stir, reduce the heat to low, and cover with a lid. Simmer for 15-20 minutes or until the rice is tender. Stir in the corn and peas and heat through.

Yields: 9 Cups

Toddler = ½ cup; Preschool = ¾ cup; School-Age = 1 cup
as meat/meat alternate and grain at lunch/supper.