



## Kelli's Stovetop Turkey and Rice

**This recipe was born out of the need for a quick and easy dinner that was hearty enough to satisfy my hungry teenagers, healthy enough to satisfy my husband and I, easy enough for a busy weeknight, and flavorful enough to become a favorite.**

### Ingredients:

1 pound ground turkey  
1 pound ground turkey sausage  
1 Tablespoonful Canola Oil  
1 onion, chopped  
1 green bell pepper, chopped  
1 red bell pepper, chopped  
1 ear fresh corn, kernels cut off cob (or may use frozen--equals about 1 cup)  
1 can petite diced tomatoes (do not drain)  
4 Cups Cooked Brown Rice ( I start with 2 cups uncooked brown rice, and prepare per package instructions. I substitute chicken broth for water when cooking the rice for this dish, along with 1 teaspoon salt.)

In a large skillet on the stovetop, brown the ground turkey and ground turkey sausage together until cooked thoroughly. Set aside.

In same skillet, add 1 TBSP canola oil along with peppers and onions. Saute until vegetables start to soften.

Add corn and petite diced tomatoes (do not drain) to peppers and onions.

Add cooked turkey mixture to vegetable mixture and continue to cook for a few more minutes until mixture is heated thoroughly.

Serve on a bed of cooked brown rice.

This recipe makes 6 generous servings.

**Enjoy!**