Turkey and Rice Bake

(this feeds 4 people – increase quantities for more people)

2 lbs of boneless, skinless Turkey Breast or Thighs – cut into ½ inch pieces

15 ounce can of black beans – drained

1 cup converted rice

1 cup salsa

1 tablespoon tomato paste

1 teaspoon chili powder

¼ teaspoon turmeric

1 teaspoon garlic powder

¾ teaspoon salt

½ teaspoon pepper

2 cups chicken broth

2 scallions

1. Prepare a Dutch oven for medium heat. (350 degrees)
2. Put the diced turkey, beans, rice, salsa, tomato paste, chili powder, turmeric, garlic salt, and pepper in a large bowl and toss to combine. Divide the chicken-rice mixture evenly among the Dutch ovens, spreading it out in an even layer. Pour 2 cups of chicken broth into each Dutch oven for each cup of rice in the mixture.
3. Cover and cook for 20 minutes. Rotate Dutch oven and lid ¼ turn every 5 min.
4. Check to ensure the rice is cooked all the way through (converted rice will cook in the 20 minutes, normal rice will take longer).
	1. Carefully remove and check the Dutch oven (hot steam will escape).
	2. The liquid should be absorbed, the rice tender and the turkey cooked through.
5. Remove from the grill and let rest for a few minutes.
6. Sprinkle each with some scallions.

Cooked Carrots with Honey and Brown Sugar

This recipe feeds about 4 people (increase quantities as needed)

- Pre-cut (baby) Carrots – 1 lb

- Honey – 2 TBSP

- Brown Sugar – 1 TBSP

1. Cook the carrots until the desired tenderness (should still be slightly firm but not crunchy, and not mush).
	1. You can cook the carrots anyway you like, but boiling, steaming, or baking are likely the best options.
	2. If you boiled or steamed the carrots, drain them to remove as much water as possible.
2. In a mixing bowl (or in the pan you used to cook the carrots), add 2 TBSP of honey and 1 TBSP brown sugar. The honey should be about twice the amount of the brown sugar.
3. Heat the honey and sugar mixture while stirring to dissolve the sugar.
4. Pour over the carrots or toss the carrots in the honey mixture.