

ONE-PAN SIMPLE SUPPER

This inexpensive meal will be a frequent repeat on your weekday dinner playlist!



INGREDIENTS

- 1 pound ground turkey (or beef)
- 1 large chopped onion
- 1 clove minced garlic
- 1 cup chopped carrots (can add mushrooms or peas)
- 1 cup potatoes, peeled and cubed
- 1 cup low sodium beef broth or water
- 1/2 cup uncooked long grain rice (can use brown rice, barley or farro)
- 2 tablespoons soy sauce
- Salt and pepper to taste



DIRECTIONS

Crumble meat into a large skillet.
Add onion and garlic.
Cook over medium heat until the meat is no



longer pink.
Drain the fat.
Stir in the carrots, potatoes, brother or water and rice (barley/farro)
Cover and simmer for 30 minutes, or until the rice and vegetables are tender. (Brown rice and barley take longer to cook.
Stir in soy sauce, salt and pepper