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Country Stew

Prep Cook Time: 45 minutes

SERVES 8

Ingredients:

2 bags brown rice
1 lb ground turkey
1 small onion, chopped
2 cans (14.5 oz) tomatoes, cut up and drained
1 teaspoon black pepper
½ teaspoon dried basil leaves, crushed
½ teaspoon garlic powder
1 can (16 oz) whole kernel corn, drained

Steps :

1. Prepare rice according to package directions.
2. Brown ground turkey with onion in a large skillet over medium-high heat. Stirring occasionally to separate turkey. Add tomatoes, black pepper, basil and garlic powder; simmer 20 minutes, stirring occasionally.
3. Stir in rice and corn; heat thoroughly, stirring occasionally.