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# Spanish Rice

*Cassandra Richardson*

*Cassandra Richardson - Kids love this.*

**1 1/2 pounds Ground Turkey**  
**1 Large onion, diced**  
**1 Large green pepper, diced**  
**1 16 ounce can red kidney beans (do not drain)**  
**1 16 ounce can stewed tomatoes**  
**2 cups Minute or Uncle Bens instant rice**  
**1 tsp pepper**  
**1 tsp garlic salt**

Cook Rice according to package directions and set aside.

In a large skillet, brown ground turkey along with onion, and green pepper.

Drain excess liquids from browning.

Add kidney beans, stewed tomatoes, pepper, and garlic salt and simmer for 5 minutes.

Stir in rice and serve immediately.

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*Per Serving (excluding unknown items): 1225 Calories; 57g Fat (42.3% calories from fat); 126g Protein; 50g Carbohydrate; 10g Dietary Fiber; 538mg Cholesterol; 2815mg Sodium. Exchanges: 0 Grain(Starch); 16 1/2 Lean Meat; 8 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.*