

Minnesota

Creamy Wild Rice and Turkey

Featured Food: Wild Rice and Turkey

Makes: 4 servings

Ingredients

- 1 cup wild rice, uncooked
- 1 cup brown rice, uncooked
- 1 ½ cups water
- 16 ounces turkey, ground, fresh or frozen
- 1 cup onion, diced
- 1 cup celery, diced
- 1 cup mushrooms, sliced
- 1 can of cream of mushroom soup, condensed (10.5 ounces)
- ½ cup milk
- 1 tablespoon garlic powder
- 1 teaspoon pepper



Directions

1. Preheat oven to 350°F.
2. Combine wild rice, brown rice, and water in a small stockpot. Stir once.

3. Heat on medium–high heat and bring to a rolling boil. Cover the pot and reduce heat to simmer. Cook until water is absorbed, about 30-40 minutes. Fluff the rice gently with a fork and set aside.
4. Place a medium skillet on medium–high heat.
5. Add the ground turkey and cook breaking the meat up into small pieces. Add onion, celery, and mushrooms. Continue cooking on medium heat until onions, celery, and mushrooms are soft, 5–7 minutes, and meat is browned. Drain.
6. Stir in rice and remaining ingredients. Bring to a boil. Remove from heat.
7. Lightly grease a 8x8 inch baking dish.
8. Spread mixture evenly into baking dish. Cover with foil. Bake for 30 minutes or until liquid has absorbed and dish is creamy.

Notes

- For optimal browning and taste do not crowd ground meat. Crowding may cause the juices to pool around the meat. Pooling causes the juices to steam the meat rather than brown it, making it less flavorful.
- You can cook rice the day before and cool in the refrigerator.

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