

Dinner

Turmeric Turkey, Veggies and Rice

15 Mins
Prep Time

30 Mins
Cook Time

5
Servings

 **320 Calories** **12g Fat** **30g Carbs** **20g Protein**



Ingredients

 **5 Servings** • **1 Cup** Serving Size  **45 Mins** Total Time  **Allergens: Gluten, Soy**

1 Can (15oz) Lite Coconut Milk

1 lb Lean Ground Turkey 

1 Tbsp Fresh Ginger, peeled and finely minced

2 Large Carrots, **washed**, peeled and sliced on an angle

1 Tsp Turmeric 

1 Tsp Paprika (omit if sensitive to night shades)

¼ Tsp Ground Cinnamon

1½ Cups Jasmine Rice (5 minute rice)

1⅔ Cups Low Sodium Chicken Broth

3 Tbsp Soy Sauce

1 Medium Zucchini, **washed** and chopped

½ Cup Fresh Basil, **washed** and chopped

Allergen Swap

Gluten Replace soy sauce with coconut aminos

Soy Replace soy sauce with coconut aminos

Nourishment Note



Turmeric

Turmeric contains high amounts of antioxidants and has been shown to help fight inflammation. It may also help contribute to a healthy cardiovascular system.



Ground Turkey

Lean turkey can be an excellent source of protein. Protein needs may become elevated when experiencing a flare in RA symptoms.

Instructions

1. Wash Hands

Wash hands with soap and water

2. Cook Turkey

Using large skillet, brown ground turkey in 1/3 cup of coconut milk. Drain remaining liquid once cooked.

3. Add Seasoning

Add ginger, turmeric, paprika and cinnamon to turkey and mix well.

4. Mix Ingredients

Add carrots, the remainder of the coconut milk, chicken broth and soy sauce.

5. Add Rice

Stir in Jasmine rice and bring to a boil. Reduce heat, cover and simmer 5 minutes.

6. Add Zucchini

Add zucchini and cook another 8 minutes covered. When finished most of liquid will be absorbed and vegetables will be soft.

7. Remove from Heat

Remove from heat and stir in basil. Top with additional basil as a garnish.

8. Clean Up

Wash hands with soap and water

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Measuring Cups



Measuring Spoons



Large Skillet



Knife



Cutting Board



Can Opener



Stirring Spoon



Peeler

RA Cooking Tips

Ginger: Purchase pre-minced ginger. This can be found in the produce section

Carrots: Purchase pre-sliced carrots, often called carrot chips