



Church Rice

Serves 12



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Ingredients

- 1.5 oz. unsalted butter
- 6 oz. ground pork
- 3 oz. onions, diced
- 3 oz. celery, diced
- 3 oz. green peppers, diced
- ½ Tbsp. garlic, chopped
- 12 oz. long grain rice pilaf
- ½ tsp. ground turmeric
- ½ tsp. cajun seasoning
- ½ tsp. italian seasoning
- 4 cups water
- ¼ cup scallions, sliced, to garnish

Directions

1. Heat a saucepan to medium heat and add butter, ground pork, onion, celery, green peppers and garlic. Cook until ground pork reaches a minimum temperature of 160 degrees and onions are lightly caramelized.
2. Add rice and seasonings and stir to coat. Add water, stir and bring to a simmer. Cook and simmer for 5 minutes uncovered. Cover saucepan with lid and turn off heat. Allow to rest for 20 minutes.
3. Remove lid, fluff rice and stir in scallions before serving.
4. One serving is 4 oz. (½ cup).

Nutritional facts per 1 serving (4 oz.):

Calories 170, Total Fat 5g (8%), Saturated Fat 2.5g (10%), Cholesterol 15mg (6%), Sodium 380mg (15%), Total Carbohydrate 24g (8%), Dietary Fiber less than 1g (4%), Total Sugars 3g, Protein 6g