

Southern Dirty Rice with Ground Turkey and Veggies

Dirty Rice (No Pork Version)



TIME
30 min

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INGREDIENTS

- 1 tbsp olive oil
- 1 lb ground turkey or ground chicken
- 1 small onion, diced
- 1 green bell pepper, diced
- 2 celery stalks, diced
- 2 cloves garlic, minced
- 1% tsp paprika
- 1 tsp dried thyme
- % tsp cayenne pepper (optional)
- % tsp black pepper
- Salt, to taste
- 1% cups long grain white rice, cooked
- % cup low-sodium chicken broth
- 2 green onions, chopped (for garnish)

DIRECTIONS

- Step 1: Brown the Meat:** Heat olive oil in a large skillet over medium heat.
- Step 2: Add the Meat:** Add ground turkey (or chicken) and cook, breaking it apart, until fully browned and no longer pink.
- Step 2: Add the Vegetables:** Stir in onion, bell pepper, celery, and garlic.
- Step 3: Saut:** Saut for 5-6 minutes, or until vegetables are soft and fragrant.
- Step 3: Season:** Sprinkle in paprika, thyme, cayenne pepper (if using), black pepper, and salt.
- Step 4: Stir:** Stir well to coat the meat and vegetables evenly with the spices.
- Step 4: Add Rice and Broth:** Add the cooked rice and chicken broth to the skillet.
- Step 5: Simmer:** Stir thoroughly and allow the mixture to simmer for 5-7 minutes, letting the broth absorb and flavors meld together.
- Step 5: Garnish and Serve:** Turn off the heat and stir in chopped green onions for a burst of freshness.
- Step 6: Serve:** Serve warm as a main course or a hearty side dish.

TIPS FOR SUCCESS

- Use cold, cooked rice for the best texture-it won't clump or get mushy.
- Feel free to add a dash of hot sauce or a squeeze of lemon juice for brightness.
- Substitute brown rice or quinoa for added fiber.
- Add mushrooms or zucchini for extra bulk and texture.

