

Slow Cooker Turkey, Broccoli and Rice Casserole

Servings: 6

RECIPE BOX

INGREDIENTS

1 SMALL ONION, CHOPPED
1 CUP LONG GRAIN BROWN RICE,
RINSED AND DRAINED (NOT QUICK
COOKING OR INSTANT)
1 POUND BONELESS, SKINLESS, TURKEY BREAST
1/2 TEASPOON GARLIC POWDER
1/2 TEASPOON DRIED THYME
1/2 TEASPOON SALT
1/8 TEASPOON PEPPER
3 CUPS LOW SODIUM CHICKEN BROTH
1 LARGE BAG STEAMABLE BROCCOLI, CHOPPED
1/2 CUP PLAIN GREEK YOGURT
1/2 CUP PARMESAN CHEESE
1 CUP SHREDDED CHEDDAR CHEESE



DIRECTIONS:

STEP 1: Spray slow cooker with cooking spray. Place onion and rice on the bottom of slow cooker. Next, layer turkey and seasonings. Pour chicken broth on top.

STEP 2: Cover and cook on low heat for 6-7 hours or on high for 4 hours.

STEP 3: 10 minutes before serving: Remove turkey and chop into bite sized pieces. Stir back into rice mixture. Steam broccoli in microwave according to package. While broccoli is steaming, combine remaining ingredients in slow cooker. Finally, add broccoli and serve

GF This recipe is gluten free as written.

V Skip the turkey and use double the broccoli or add cubed firm tofu instead.

Nutrition per Serving: Calories 406, Total Fat 11g, Carbs 35g, Protein 42g, Fiber 10g, Sugars 7g.

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