



Creamy Wild Rice

Wild rice is harvested in northern Minnesota on the Ojibwa lands, where it grows naturally in the waterways. This form of wild rice has been an essential component of the Native American diet for many generations. The prepared product is soft and plump and has a nutty flavor.

Makes: 6 servings **Prep time:** 5 minutes
Cook time: 1 hour 15 minutes

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INGREDIENTS

- 1/3 cup** wild rice, uncooked
- 1 cup** brown rice, uncooked
- 1 1/2 cups** water
- 13 ounces** turkey, ground, fresh or frozen
- 1 cup** onions, fresh, 1/4" diced
- 1 cup** celery, fresh, 1/4" diced
- 1 cup** cream of mushroom soup, condensed
- 3/4 cup** milk, non-fat (skim)
- 1 tablespoon** garlic powder
- 1 teaspoon** pepper, black, ground
- Nonstick cooking spray

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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 to a rolling boil. Cover, and reduce heat to medium. Cook until water is absorbed, about 15–20 minutes. Fluff the rice gently with a fork, and set aside.
- 4.** Place a medium skillet on medium–high heat.
- 5.** Brown ground turkey. Add onion and celery. Continue cooking on medium heat until onions and celery are soft, 5–7 minutes, and the internal temperature of the meat reaches 165 °F or higher for at least 15 seconds. Drain.
- 6.** Stir in rice and remaining ingredients. Bring to a boil. Remove from heat.
- 7.** Lightly coat a medium baking dish (8" x 8") with nonstick cooking spray.
- 8.** Spread mixture evenly into baking dish. Cover with foil. Bake for 30 minutes or until liquid has absorbed and dish is creamy.
- 9.** Serve 3/4 cup.

Critical Control Point: Hold at 140 °F or higher.

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NUTRITION INFORMATION

For $\frac{3}{4}$ cup.

Nutrients	Amount
Calories	230
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Total Fat	8 g
Saturated Fat	3 g
Cholesterol	40 mg
Sodium	289 mg
Total Carbohydrate	23 g
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	16 g
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Vitamin D	N/A
Calcium	74 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teammnutrition.usda.gov>

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CACFP CREDITING INFORMATION

$\frac{3}{4}$ cup provides $1\frac{1}{2}$ oz equivalent meat, $\frac{1}{8}$ cup vegetable, and $\frac{3}{4}$ oz equivalent grains.

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CHEF TIPS

For optimal browning and taste: 1) Do not rinse ground meat. 2) 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.

Variations

Cook rice the day before, and cool in the refrigerator. Critical Control Point: Cool to 40 °F or lower within 4 hours.

If ground turkey is frozen, defrost in the refrigerator for 1 day per 1–5 pounds. Store raw ground turkey at 40 °F or lower.