

Kentucky Farm to School Junior Chef



Farmer's Choice Dirty Rice

Montgomery County 4-H Culinary/Jr Chef Team- Montgomery County High School

Ingredients:

1 ½ lb	Ground beef	1 tsp	Honey
1	Clove garlic, crushed	½ tsp	Dried Basil
½ Cup	Onion, diced	½ tsp	Dried Parsley
¾ Cup	Wild Grain or brown rice	½ tsp	Dried Oregano
1/3 cup	Carrots	½ tsp	Onion Powder
1 ½ cup	Boiling water	½ tsp	Garlic Powder
¾ Cup	Canned diced tomato, drained	½ tsp	Black pepper
¼ Cup	Red Bell Pepper, diced	1 tsp	Kosher salt
1 or 2	Sweet banana peppers		
½ Cup	Yellow squash, diced		
½ Cup	Zucchini, diced		

Directions:

Place rice in boiling water to cook while preparing the rest of dish.

Brown beef in large skillet, drain. Add garlic and onion. Cook about 2 minutes until onion begins to become transparent. Add carrots, tomatoes, all peppers, squash, and zucchini, Mix thoroughly and cook another 1-2 minutes. Add cooked rice to beef mixture. Mix well, then add all remaining ingredients.

Place baking dish in oven and bake at 350 ° F for 30 minutes or until heated to 165 ° F.

Place on serving plate and garnish if desired.