

# Smoky Turkey and Saffron Red Rice

Yield: 12 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-red-rice-recipe-with-tomato-sauce>

## Ingredients:

- 2 cups basmati rice uncooked
- 3 tablespoons oil grape seed, you can use olive oil if you need
- 1 1/2 cups white onion finely chopped
- 2 tablespoons minced garlic fresh
- 1 pound ground turkey breast
- 1/2 teaspoon kosher salt
- 1/4 teaspoon cracked black pepper fresh
- 30 ounces green beans drained
- 8 ounces tomato sauce
- 1 tablespoon cumin McCormick Gourmet Roasted
- 1/2 teaspoon smoked paprika McCormick Gourmet
- 1/4 teaspoon garlic salt McCormick Gourmet
- 1 tablespoon saffron threads McCormick Gourmet Spanish

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 30 milligrams
4. Fat: 8 grams
5. Fiber: 4 grams
6. Protein: 11 grams
7. SaturatedFat: 1 grams
8. Sodium: 220 milligrams
9. Sugar: 5 grams

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