

# Saucy Rice

## Ingredients

- 1 1/2 cups rice
- 3 cups water
- 2 cans turkey, beef, or tuna
- 1 Tbls oil
- 2 cans cream of mushroom soup, low-sodium preferred
- 1 can cream of chicken soup, low-sodium preferred
- 1 1/2 cups milk, low-fat preferred
- 1/2 cup water

## Directions

1. Add rice and water together to a saucepan. Let boil, then cover and let simmer on low for 15 minutes.
2. Drain cans of meat. Add meat to a saucepan with the oil until crispy (about 5 to 7 minutes on medium high).
3. In another pot combine cream of mushroom, cream of chicken, milk, and water. Whisk together on medium heat and stir for 5 to 7 minutes.
4. Mix all parts together and enjoy!

Tips: You can swap out the Cream of Mushroom and/or Cream of Chicken soups with any 'Cream of' soups available to you or that you have on hand.

Extension

UtahStateUniversity.



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