

Zesty ranch bake

- 1.5 lb. lean ground turkey (or lean ground Beef)
- 1 cup diced tomatoes
- 1 cup no sugar tomato sauce
- 1 cup Quinoa or Brown Rice (I used Brown Rice)
- 1 Cup shredded cheese of your choice
- 1 tsp fresh parsley
- 1 tsp dried dill
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp sea salt
- pepper to taste



Directions

1. Pre Heat oven to 350
2. Brown ground turkey
3. Cook Quinoa or brown rice on stove top according to direction
4. Once meat is browned, add diced tomatoes and sauce (I kept heat on low while doing this)
5. Combine all seasonings to meat and sauce , mix in
6. Add rice or Quinoa in with meat and sauce , mix well together
7. Once mixed together , spread evenly through a 9X13 pan
8. Top with shredded cheese
9. cook for 15-20 minutes , remove, let cool and serve