



Batch-Prep Turkey and Green Bean Supper

Printable recipe guide

Ingredients and step-by-step preparation in one easy guide

INGREDIENTS

- 1 pound ground turkey (lean, raw)
- 2 cups green beans (fresh or frozen, chopped)
- 1 cup white rice (uncooked)
- 4 cups water or low-sodium homemade broth (without added salt)
- 1 tablespoon olive oil (optional, for added fat)

STEP-BY-STEP PREPARATION

- 1 In a large pot, bring 4 cups of water or low-sodium homemade broth to a boil.
- 2 Add the white rice to the boiling water and cook according to package instructions until soft.
- 3 In a separate skillet, heat the olive oil over medium heat (if using) and add the ground turkey.
- 4 Cook the turkey until browned and fully cooked, breaking it apart as it cooks, approximately 10-15 minutes.
- 5 Once the turkey is cooked, add the chopped green beans to the skillet and stir for an additional 5-7 minutes until the beans are tender.
- 6 Combine the cooked rice with the turkey and green bean mixture in a large bowl, mixing thoroughly to combine.
- 7 Allow the mixture to cool before portioning it out.

NUTRITIONAL AND SUPPLEMENT REVIEW

No laboratory-verified nutrient analysis is provided. Supplement topics: calcium source; omega-3 fatty acids; vitamin or mineral supplementation. Ask your veterinarian to select any products and exact amounts.

SAFETY CHECK

Check every ingredient and product label. Do not use onion, garlic, chives, leeks, xylitol, grapes, raisins, chocolate, macadamia nuts or added seasoning. Verify the final portion with your veterinarian before feeding. If accidental ingestion is suspected, contact a veterinarian or animal poison-control service.