

# Kentucky Farm to School Junior Chef



## Farmer's Choice Dirty Rice

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

### Ingredients:

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

**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.