



# FUSTINI'S<sup>®</sup>

## Kale and Turkey Rice Bowl

### Ingredients

- 1 bunch cilantro, reserve 3 tablespoons for garnish
- 1 jalapeno pepper, halved, seeds removed
- 3 tablespoons sliced almonds
- 1/4 cup [Fustini's Jalapeno Lime balsamic](#)
- 1/4 cup water
- salt
- 1 tablespoon [Fustini's Persian Lime olive oil](#)
- 1 pound ground turkey
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 1 teaspoon ground cumin
- 1/2 pound red-skinned potatoes, cut into 1/2" pieces
- 3-4 large stalks of fresh kale, stem removed, roughly chopped
- 2 1/2 cups cooked white rice

### Sharon's Hint

For more heat, substitute Spicy Korean balsamic. Adapted from The Food Network

### Directions

#### Step 1.

In a blender, puree all but 3 tablespoons of cilantro, jalapeno, almonds, balsamic, water, and salt until smooth. Heat oil in a large skillet over medium-high. Add ground turkey and salt to taste. Cook, stirring and breaking up the meat with a wooden spoon until browned, about 4 minutes. Add the onion, garlic, and cumin and cook, stirring occasionally until softened. Stir in 1/2 cup water and cilantro mixture, the potatoes, and kale. Cover and bring to a boil. then uncover and reduce the heat to medium. Simmer, stirring occasionally, until potatoes are tender, about 15 minutes. Season with salt to taste and serve over rice. Garnish with reserved cilantro