



## Slow Cooker Teriyaki Turkey

**Prep: 15 minutes**

**Cook: 6 hours • Serves: 6**

- 3 garlic cloves, minced
- 2 medium carrots, thinly sliced
- 4 cups chopped leftover or pre-cooked turkey meat (about 2-inch chunks)
- 1 cup Kitchen Basics® original chicken cooking stock
- $\frac{3}{4}$  cup teriyaki sauce
- 1 tablespoon grated peeled fresh ginger or  $\frac{1}{2}$  teaspoon McCormick® ground ginger
- $\frac{1}{2}$  teaspoon McCormick® ground white pepper
- $1\frac{1}{2}$  cups diced fresh or drained Essential Everyday canned pineapple
- $1\frac{1}{2}$  cups Essential Everyday uncooked long grain white rice
- 4 green onions, thinly sliced (about  $\frac{1}{3}$  cup)

1. In 5- to 6-quart slow cooker bowl, combine garlic, carrots, turkey, stock, teriyaki sauce, ginger and white pepper. Cover slow cooker with lid and cook on low 6 to 8 hours or on high 3 to 4 hours, adding pineapple to slow cooker during last 20 minutes of cooking. Makes about 5 cups.

2. Meanwhile, prepare rice as label directs.

3. Serve turkey mixture over rice sprinkled with green onions.

*Approximate nutritional values per serving:*

*388 Calories, 2g Fat (1g Saturated), 91mg Cholesterol,  
1549mg Sodium, 54g Carbohydrates, 3g Fiber, 34g Protein*