Taco Rice

2 cups sushi rice

3 1/2 cups water

2 Tablespoons canola oil

1 onion, chopped

1 pound ground turkey

1 ounce taco seasoning

2 Tablespoons ketchup

2 Tablespoons mirin

2 Tablespoons soy sauce

1 teaspoon instant dashi

1 cup Monterrey Jack cheese, shredded

2 cups shredded lettuce

1 avocado, sliced

1/2 cup salsa

lime wedges

Rinse rice in a strainer.  Drain.

Combine rice and 2 1/2 cups water in saucepan.

Bring to boil.

Cover and simmer 20 minutes.

Heat oil in skillet.

Add onion and saute 3-5 minutes.

Add turkey and cook through.

Stir in taco seasoning.

Stir in ketchup, mirin, soy, instant dashi and 1 cup water.

Bring to a boil.

Cook 3-5 minutes until thickened.

Spoon rice into bowls.

Top with meat.

Top with cheese, lettuce, avocado and lime wedges.