

Leftover Turkey Chilli Con Carne

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chilli-and-garlic-mexican-rice-recipe>

Ingredients:

- 1 onion diced
- 3 cloves garlic crushed or grated
- 1 teaspoon cumin
- 3 teaspoons smoked paprika
- 1 teaspoon chilli flakes or fresh chilli to taste
- 1 yellow pepper or, bell red, diced
- 2 11/16 cups chopped tomatoes
- 1 2/3 cups kidney beans or black beans, or pinto beans
- 7/8 pound roast turkey leftover, shredded, see note
- 1 teaspoon dried oregano
- salt
- pepper
- 2/3 cup sweetcorn optional
- 1/2 lime optional
- 2 tablespoons coriander optional
- rice or tortillas to serve
- lime
- coriander
- sour cream
- salsa
- guacamole
- chillies

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 70 milligrams

4. Fat: 11 grams
 5. Fiber: 6 grams
 6. Protein: 29 grams
 7. SaturatedFat: 3 grams
 8. Sodium: 400 milligrams
 9. Sugar: 7 grams
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