

Turkey Picadillo

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-turkey-picadillo-recipe>

Ingredients:

- 1 1/4 pounds ground turkey 93% lean
- 4 ounces tomato sauce
- kosher salt
- ground pepper fresh
- 1 teaspoon ground cumin
- 2 bay leaves
- 2 tablespoons capers alcaparrado, or green olives would work too
- 1/2 onion large, finely chopped
- 2 cloves minced garlic
- 1 tomato chopped
- 1/2 bell pepper finely chopped
- 2 tablespoons cilantro

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 115 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 26 grams
7. SaturatedFat: 3 grams
8. Sodium: 580 milligrams
9. Sugar: 4 grams

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