

Indian-Inspired Ground Turkey Shepherd's Pie

Yield: 6 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/instant-pot-indian-recipe-ground-turkey>

Ingredients:

- 1 1/2 pounds Yukon Gold potatoes peeled & diced into 1-inch pieces
- kosher salt
- 1/4 cup sour cream or full-fat yogurt
- 1 teaspoon ground turmeric
- 1 teaspoon Garam Masala
- 3/4 teaspoon ground cumin
- 3/4 teaspoon chili powder * plus more for dusting
- 2 teaspoons ghee or unsalted butter
- 1 large yellow onion minced
- 3 garlic cloves minced
- 1 teaspoon fresh ginger grated
- 1 pound ground turkey lean, 93% lean
- 3/4 cup tomato sauce
- 2 tablespoons chopped fresh cilantro plus more for garnish, optional
- 1 red chile pepper seeded & minced
- 3/4 cup frozen peas

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 65 milligrams
4. Fat: 10 grams
5. Fiber: 6 grams
6. Protein: 18 grams
7. SaturatedFat: 3 grams
8. Sodium: 380 milligrams
9. Sugar: 5 grams

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