

Indian Burrito Bowl

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-recipe-with-ground-turkey-and-chickpeas>

Ingredients:

- 2 cups basmati rice uncooked, cooked in salted water
- 4 onions medium, caramelized with salt and ghee
- 2 tablespoons ghee or vegetable oil
- 2 teaspoons mustard seeds
- 2 teaspoons cumin seeds
- 1 minced onion small, optional, I did not use but wished later I had
- 2 tablespoons minced garlic
- 2 tablespoons minced ginger
- 1 teaspoon turmeric
- 1 teaspoon paprika or cayenne pepper
- 1 head cauliflower cut into small florets
- 1 teaspoon ground cumin
- 2 teaspoons ground coriander
- 2 teaspoons garam masala divided
- 2 tomatoes medium, peeled and chopped
- 1 pound ground turkey
- salt
- 1 can chickpeas drained and rinsed
- 1/2 lemon or lime
- 10 ounces frozen peas defrosted
- 1/2 cup chopped cilantro
- chutney cranberry, see notes above

Nutrition:

1. Calories: 930 calories
2. Carbohydrate: 151 grams
3. Cholesterol: 90 milligrams
4. Fat: 17 grams
5. Fiber: 18 grams

6. Protein: 41 grams
 7. SaturatedFat: 2.5 grams
 8. Sodium: 780 milligrams
 9. Sugar: 24 grams
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