

Mexican Chicken Skillet

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-runner-mexican-chicken-skillet>

Ingredients:

- 2 tablespoons coconut oil or use avocado oil
- 1 onion medium, chopped
- 1 red bell pepper chopped
- 4 cloves garlic minced
- 5 1/2 pounds ground chicken or ground turkey or grass-fed beef
- 2 tablespoons chili powder
- 1 teaspoon ground coriander
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 14 1/2 ounces diced tomatoes drained
- 1/4 cup chopped fresh cilantro

Nutrition:

1. Calories: 1010 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 535 milligrams
4. Fat: 57 grams
5. Fiber: 4 grams
6. Protein: 108 grams
7. SaturatedFat: 18 grams
8. Sodium: 720 milligrams
9. Sugar: 6 grams

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