

# Mexican Ground Turkey Sopes

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 1 tablespoon olive oil
- 1 onion medium, diced
- 3/4 cup sweet peppers diced
- 2 cloves garlic minced
- 1/2 cup fresh corn
- 1 1/2 pounds ground turkey
- 1 1/2 tablespoons ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon dried oregano
- 1 teaspoon chili powder Mexican
- 1/2 teaspoon salt
- 7 5/8 ounces sauce chipolte, I use La Costena
- 7 5/8 ounces salsa an Homestyle Mexican, La Costena
- 1/4 cup water
- 1 cup masa harina
- 3/4 cup warm water
- 1/4 cup vegetable oil

## Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 135 milligrams
4. Fat: 34 grams
5. Fiber: 8 grams
6. Protein: 35 grams
7. SaturatedFat: 6 grams
8. Sodium: 1020 milligrams
9. Sugar: 10 grams

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