

Picadillo

August 2021



Makes: 6 servings

Ingredients

1 pound ground turkey
1 onion (chopped)
5 carrots (small, diced)
2 zucchinis (medium, diced)
2 potatoes (medium, diced)
1 tsp. salt
Black pepper (to taste)
½ tsp. cumin
1 ¼ cups Mexican-style tomato sauce
1 tsp. cornstarch

Nutritional information for 1 serving

Calories	254
Total fat	10 g
Saturated fat	3 g
Cholesterol	55 mg
Sodium	691 mg
Total carbohydrate	25 g
Dietary fiber	5 g
Total sugars	8 g
Added sugars included	0 g
Protein	17 g

Directions

1. Brown ground turkey in a nonstick frying pan.
2. Add onions, carrots, squash, potatoes, salt, pepper and cumin. Saute for about 5 minutes.
3. Add tomato sauce and just enough water to cover ingredients in the pan. Bring mixture to a boil, then lower heat and simmer, uncovered, until vegetables are tender.
4. Dissolve cornstarch in about 1 Tbsp. of cold water and add to mixture. Bring the mixture back to a boil until gravy thickens. Serve warm.