

Picadillo

September 2021



Makes: 8 servings

Ingredients

2 tsp. olive oil
1 small yellow onion (chopped)
1 green bell pepper
(cored, seeded and chopped)
2 jalapeno peppers
(seeded and finely chopped)
2 cloves garlic (finely chopped)
1 pound ground turkey
1 14.5-ounce can diced tomatoes with juice
1 14.5-ounce can pumpkin puree
1 cup water
1 tsp. ground cumin
Salt and pepper (to taste)
1 14.5-ounce can kidney beans

Nutritional information for 1 serving

Calories	193
Total fat	8 g
Saturated fat	2 g
Cholesterol	41 mg
Sodium	242 mg
Total carbohydrate	17 g
Dietary fiber	6 g
Total sugars	5 g
Added sugars included	0 g
Protein	14 g

Directions

1. Heat oil in a large pot over medium-high heat.
2. Add onion, bell pepper, jalapenos and garlic. Cook, stirring frequently, for about 5 minutes or until tender.
3. Add turkey and cook until browned.
4. Add tomatoes, pumpkin, water, chili powder, cumin, salt and pepper, and bring to a boil.
5. Reduce heat to medium-low and then add beans.
6. Cover and simmer, stirring occasionally, for 30 minutes more.
7. Ladle chili into bowls and serve.