

Picadillo



Recipe credit

California Health Department - Los Angeles County, Es Facil Campaign.

About this recipe

Serves

6

Serving size

1 cup, 1/6 of recipe

Ingredients

- 1 pound turkey, ground, 85% lean

- 1 onion (chopped)
- 5 carrot (small, diced)
- 2 zucchini (medium, or other squash)
- 2 potatoes (medium, diced)
- 1 teaspoon salt
- black pepper (to taste)
- 1/2 teaspoon cumin
- 1 1/4 cups Mexican style tomato sauce (10 1/2 ounce can)
- 1 teaspoon cornstarch

Directions

- Brown ground turkey in a non-stick frying pan.
- Add onions, carrots, squash, potatoes, salt, pepper, and cumin. Sauté for about 5 minutes.
- Add tomato sauce and just enough water to cover. Bring to a boil, then lower heat and simmer, uncovered, until vegetables are tender.
- Dissolve cornstarch in about 1 Tablespoon of cold water, add to mixture, bring back to a boil until gravy thickens. Serve.

Nutritional info

Calories

254

Total fat

10 g

Saturated fat

3 g

Cholesterol

55 mg

Sodium

691 mg

Total carbohydrates

25 g

Dietary fiber

5 g

Protein

17 g

Total sugar

8 g

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