

One Pot Turkey Chili With Rice

Ingredients

- ✓ 10 oz. (300g) minced turkey fillet
- ✓ 1/2 cup (115g) rice
- ✓ 1 medium onion, finely chopped
- ✓ 2 cloves garlic, minced
- ✓ 1 tbsp. oil
- ✓ 1/2 can chopped tomatoes
- ✓ 1 red bell pepper, chopped
- ✓ 1 cup (250ml) vegetable broth
- ✓ 1/3 cup (60g) red kidney beans, drained
- ✓ 1/3 cup (85g) sweet corn, drained
- ✓ 1/3 cup (30g) grated cheese (optional)

Spices

- ✓ 1 tsp. dried oregano
- ✓ 1 tsp. cumin
- ✓ 1 tsp. sweet pepper
- ✓ 1/2 tsp. hot pepper
- ✓ 1/2 tsp. salt
- ✓ 1/3 tsp. ground pepper

Procedure

1. Heat the oil in a large pan and sauté the onion and garlic for 3-4 minutes. Next, add the meat and fry for about 5-6 minutes until cooked throughout.
2. Add spices, mix, then add the uncooked rice and mix again. Next add the chopped peppers, beans, corn, canned tomatoes and broth. Mix and bring to a boil. Simmer covered on low heat for about 17-20 minutes.
3. Add grated cheese, cover and heat for another 2 minutes until the cheese melts, then serve.

Serves 4

Preparation/Cook Time and Macros Breakdown

Prep	Cook	Calories	Fats(g)	Carbs(g)	Protein(g)
5 mins	30 mins	476	19	44	31