



**ONE POT TURKEY
CHILI WITH RICE**

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Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
295 kcal
9g Fats
21g Carbs
31g Protein



GF MP
HP

WHAT YOU NEED

- 10 oz. (300g) minced turkey fillet
- ½ cup (115g) rice
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 tbsp. oil
- ½ can chopped tomatoes
- 1 red bell pepper, chopped
- 1 cup (250ml) vegetable broth
- ⅓ cup (60g) red kidney beans, drained
- ⅓ cup (85g) sweet corn, drained
- ⅓ cup (30g) grated cheese (optional)

Spices:

- 1 tsp dried oregano
- 1 tsp cumin
- 1 tsp sweet pepper
- ½ tsp hot pepper
- ½ tsp salt
- ⅓ tsp ground pepper

WHAT YOU NEED TO DO

Heat the oil in a large pan, add the onion and garlic, cooking for 3-4 minutes. Next, add the meat and fry for about 5-6 minutes until cooked throughout.

Add spices, mix, then add the dry 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.

Add grated cheese, cover and heat for another 2 minutes until the cheese melts, then serve.

Dairy free option: cheese in this recipe is optional, so if you prefer a dairy free meal, just skip the cheese or replace with a vegan version.