

Picadillo

Rating: ★★★★★

Cook time: 25 minutes

Makes: 6 servings

Ingredients

- 1 pound** turkey, ground
- 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 can** Mexican style tomato sauce (10 1/2 ounces)
- 1 teaspoon** cornstarch

Directions

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

California Health Department - Los Angeles County, Es Facil Campaign Submitted by Cristina Pacheco

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	210	
Total Fat	6 g	9%
Protein	18 g	
Carbohydrates	23 g	8%
Dietary Fiber	4 g	16%
Saturated Fat	1.5 g	8%
Sodium	730 mg	30%