

One Pot Turkey Chili With Rice

Serves 4

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

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

GF MP HP



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	295	9	21	31

*Nutrition per serving

