

## Turkey Picadillo



### Ingredients:

- 1-1.5lbs 93% fat free ground turkey
- 1 tbsp extra-virgin olive oil
- 1 chopped (or minced) onion
- 1 chopped (or minced) red bell pepper
- 3-5 minced garlic cloves (depending on size & your love of garlic)
- 4 oz tomato sauce (preferably no salt added)
- 3/4 tbsp chili powder
- 1 tsp oregano
- 2 tbsp wine (I use Cavit Pino Grigio but any dry white or cooking wine will do)
- 1/2 tsp salt (or to taste)
- liberal sprinkling of fresh ground black pepper

### Preparation:

Brown turkey over medium heat in 1 tbsp EVOO, then add onions and red peppers and sauté for 3-5 minutes. Add remaining ingredients and stir to combine well, reduce heat to low and cook covered for 20 minutes, stirring one or twice.