



LowFat Mexican Turkey Casserole

Savannah · 30/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

10

Description

This is a Mexican turkey casserole that can be made in a snap with common ingredients

Ingredients

- - 1 (16 ounce) package whole wheat rotini pasta - 2 tablespoons olive oil - 1 pound ground turkey - 2 tablespoons chili powder - 2 cloves garlic
- minced - 1 teaspoon ground cumin - 1 teaspoon ground cayenne pepper - 1 teaspoon dried oregano - ½ teaspoon ground black pepper - 1 (15 ounce) can yellow corn
- drained - 1 (10 ounce) can diced tomatoes and green chiles
- undrained - 1 green bell pepper
- diced - 1 onion
- diced - 1 celery stalk
- diced - 1 carrot
- diced - 1 (15 ounce) can tomato sauce - 1 (8 ounce) package pepper Jack cheese
- shredded

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil; cook the rotini at a boil until tender yet firm to the bite
2. about 10 minutes; drain. Heat olive oil in a large skillet over medium-high heat. Add ground turkey and break it up with a wooden spoon. Add chili powder
3. garlic
4. cumin
5. cayenne pepper
6. oregano
7. and black pepper; mix thoroughly. Cook and stir until turkey is browned and crumbly
8. 5 to 7 minutes. Add corn
9. diced tomatoes and chiles
10. green bell pepper
11. onion
12. celery
13. and carrot; mix thoroughly. Place lid on skillet. Cook until vegetables are tender
14. stirring occasionally
15. about 8 minutes. Add tomato sauce; let simmer until thickened
16. about 5 minutes. Transfer turkey mixture to a 9x13-inch casserole dish and add the cooked pasta. Mix everything together. Top with pepper Jack cheese. Bake in the preheated oven until cheese is melted
17. about 10 minutes.