

Ground Turkey (or Tofu) with Peas

2 tablespoons [Swanson Extra Virgin Olive Oil](#)
1 medium onion, finely chopped
1 teaspoon [Swanson Organic Ground Turmeric](#)
1 teaspoon [Swanson Organic Ground Cumin](#)
1 teaspoon ground coriander seed
1/2 teaspoon fennel seed
Scant teaspoon [Swanson Organic Ground Ginger](#)
1 teaspoon [Swanson Organic Garlic Powder](#)
Dash of [Swanson Organic Ground Cinnamon](#)
1 1/2 pounds ground turkey or firm tofu
(Note: If using tofu, drain and rinse the tofu. Crumble it and blot of several layers of paper towel before using it in recipe)
1 long green chili pepper, seeded and chopped
1 medium tomato, chopped
1 cup organic tomato sauce
1 teaspoon [Swanson Himalayan Crystal Salt](#), or to taste
1/4 teaspoon [Swanson Organic Peppercorns](#), ground
2 cups thawed organic peas
1/4 cup chopped cilantro

Directions:

1. Heat a large, heavy-bottomed pot. Then add the oil and chopped onion. Stir until golden.
2. Add the spices in order and stir for 1 minute.
3. Add the ground turkey and continue stirring over medium-high heat for five minutes. Or add the tofu.
4. Then add the chili pepper, tomato, tomato sauce, salt and pepper. Stir.
5. Cover and simmer on very low heat for 10 minutes. Add a half-cup of water, if desired.
6. Mix in the peas, cover and cook for 10 more minutes.
7. Garnish with the cilantro.

Makes 5 servings.

Nutrition Facts Using Turkey

Per Serving: 278 calories, 36g protein, 8g fat, 16g carbohydrates, 5g fiber, 794mg sodium

Nutrition Facts Using Tofu

Per Serving: 246 calories, 17g protein, 12g fat, 19g carbohydrates, 6g fiber, 716mg sodium

Veronica's Inspiration: *"This is a recipe taught to me by my husband, just after we were married 45 years ago. He was born in Punjab, in northern India and had migrated at age 19 to Fort Wayne, Indiana to attend engineering school. All of his Indian buddies made a version of this recipe, called Keema Mutter, in their tiny kitchen. It is easy and delicious—as well as being a very healthful main dish. And, like our marriage, has survived the test of time!"*

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