

Turkey Taco Bowl

SERVES 4

Ingredients

FRESH PRODUCE

1 **small onion** | **diced**

FROZEN VEGETABLES

1 16-ounce bag **frozen bell peppers**

You can use 2 fresh bell peppers instead if you have them.

MEAT

1 lb **ground turkey**

PANTRY

1 14.5 ounce **can of diced tomatoes**

1 cup frozen corn

SPICES AND OILS

3 tablespoons **olive oil**

1 teaspoon **chili powder**

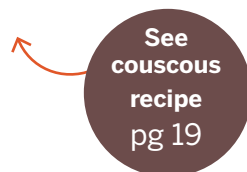
1 teaspoon **cumin**

1 teaspoon **garlic powder**

1 teaspoon **oregano**

GRAINS

2 cups cooked **couscous**









OPTIONAL TOPPINGS

Chopped **green onions**

Dollop of plain **Greek yogurt**


Slaw mix


EQUIPMENT


-  Measuring cups
-  Large pan
-  Small pot with lid
-  Measuring spoons
-  Spoon or spatula
-  Fork

Directions

- 1 Prepare vegetables.
- 2 Place a large pan over medium-high heat. Add 1 tablespoon of **olive oil** to coat the bottom and then add the **onion and bell peppers**.

 Allow the vegetables to cook for 3–5 minutes, until the onion is translucent. Note: If you would like the vegetables to be separate from the meat, remove them from the pan and set aside.
- 3 Add remaining two tablespoons of **olive oil** to the pan and then add **turkey and all spices**.

 Cook the turkey for 5 minutes, breaking it up with a spoon or spatula.
- 4 Add the **tomato and corn** to the turkey and ½ cup of **water**.

 Reduce heat to medium-low and allow it to simmer for 10–15 minutes until the turkey is cooked through and the flavors have come together.
- 5 While the turkey is cooking, prepare couscous.
- 6 Serve a ¼ of your turkey with a ¼ of cooked vegetables over ½ cup of couscous, adding any **toppings** you desire. Enjoy!
- 7 Save leftovers in the refrigerator for up to three days OR place in Ziploc bags and freeze for up to one month.

MIX IT UP AND MAKE IT YOUR OWN

- To make this an even more veggie packed dish you could add carrots, zucchini, or peppers in with the onions. Choose what you like and what you have on hand.
- This recipe features ground turkey. However, you can easily substitute ground chicken or beef. If you are avoiding meat altogether, you can swap the turkey for crumbled tofu or beans such as black beans or chickpeas.
- This recipe also features couscous. However, you can easily substitute brown rice or quinoa.
- Chili powder, cumin, and oregano are an excellent way to flavor without salt, but choose flavors that are available and appealing to you. Paprika and thyme would be wonderful in this dish. Alternatively, you could keep it simple with a little garlic powder and black pepper.

Nutrition Facts

1 serving per container
Serving size
1 each

Calories per serving **560**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 25g	33%	Total Carbohydrate 55g	20%
Saturated Fat 5g	26%	Dietary Fiber 8g	29%
Trans Fat 0g		Total Sugars 9g	
Cholesterol 85mg	28%	Includes 0g Added Sugars	0%
Sodium 110mg	5%	Protein 29g	

Vitamin D 0.2mcg 0% • Calcium 100mg 8% • Iron 3.8mg 20%
Potassium 870mg 20% • Phosphorus 380mg 30%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: GROUND TURKEY (85/15), BELL PEPPER, TOMATO [VINE-RIPENED TOMATOES, TOMATO JUICE, LESS THAN 2% CALCIUM CHLORIDE, CITRIC ACID], WHOLE WHEAT COUSCOUS [WHOLE DURUM WHEAT SEMOLINA], CORN, ONION, OLIVE OIL, GARLIC POWDER, CHILI POWDER [PAPRIKA, GARLIC, CUMIN, SALT], CUMIN, OREGANO, VEGETABLE BROTH