



## Fiesta Turkey

Ground turkey can be as versatile as rotisserie chicken for me. Here's yet another way I found to make 10 servings of delicious, "Mexican Style" ground turkey for tacos for the family, or tortilla-less tacos for me, or just a bowl of goodness with a dollop of Greek yogurt, a slice of avocado, and some shredded cheese on top.

### Ingredients:

- 28 ounces of ground turkey (this just happened to be the package size of what I bought)
- 1 can black beans (low sodium, drained and rinsed)
- 1 can of Rotel tomatoes with chilis
- 9 small mini sweet peppers chopped
- 4 stalks celery chopped
- 2/3 cup of Trader Joe's frozen roasted corn
- 1 onion chopped
- 1 clove garlic chopped
- 3 teaspoons Trader Joe's taco seasoning mix

### Directions:

1. In one large skillet brown the turkey until all the pink is gone; drain off the liquid and set aside
2. In another skillet sprayed with your favorite non stick spray sauté the onion, celery, sweet peppers until the onion is transparent; then add the garlic for the last minute or two
3. To the large skillet add the sautéed veggies, the can of Rotel tomatoes, the black beans, the corn and the taco seasoning mix
4. Heat together of low to medium heat until simmering; then cover, reduce heat to low and simmer for 5-10 minutes to blend the flavors
5. Remove from heat; serve or portion and refrigerate/freeze

**Nutrition:** Makes 10 servings, each with approximately

- **150 calories and**
- **17 grams protein**