

Mini Turkey Tacos

Cooking Instructions

1. Preheat oven to 400 F and line a large baking try with parchment or aluminum foil. Spray with oil.
2. Heat up olive oil in a large skillet over medium heat.
3. Add ¾ of the onion and saute about 2 minutes, add minced garlic, ground turkey, salt, garlic powder, chili powder, and cumin and cook until meat is completely cooked through.
4. Add tomato sauce and chicken broth, mix well and simmer on medium for about 5 minutes or until thickened. Drain and rinse black beans and add to mixture. You will probably have extra turkey mixture, makes great leftovers!
5. While the turkey is simmering, arrange mini peppers in a single layer, cut-side up.
6. Fill each pepper with cooked ground turkey mixture, then top with shredded cheese and sprinkle the rest of the red onion over top.
7. Bake 8 to 10 minutes, until cheese is melted.
8. Remove from oven and top with cilantro and any toppings of choice. Salsa would be a great option! Serve immediately.

Recipe

- 1 tablespoon olive oil
- 1 lb lean ground turkey
- 1 red onion, diced
- 2 garlic cloves, minced
- 1 tablespoon cumin
- 2 teaspoons chili powder
- 2 teaspoons garlic powder
- 1 teaspoon salt
- ¼ cup vegetable broth
- ¼ cup tomato sauce
- 1 can black beans
- 1 cup shredded Mexican cheese
- 21 mini bell peppers cut in half and seeded
- ½ cup chopped cilantro
- Salt and pepper to taste
- Optional Toppings – salsa, cheese, olives, avocado, etc.

Grocery List (add optional toppings to list as desired)

Produce

- 1 red onion
- 2 cloves of garlic
- 1-2 bags of mini peppers
- 1 bunch cilantro

Dairy

- 1 cup shredded Mexican cheese

Meat

- 1 lb lean ground turkey

Canned Goods

- olive oil
- 14 oz can tomato sauce
- 1 can black beans
- ¼ cup vegetable broth

Spices

- salt
- pepper
- garlic powder
- cumin
- chili pepper

Optional

- Salsa or sour cream
- Jalapeno, avocado, or olives