



Turkey Tacos

Serves: 8

Adapted From: Good Cheap Eats

Ingredients:

1 pound ground turkey

1 packet of low-sodium
taco seasoning

15 ounce can black beans,
rinsed and drained

1/2 cup salsa verde

Optional: shredded
lettuce, taco shells,
shredded cheese, diced
tomatoes, diced onions,
sour cream, or
guacamole

Instructions:

1. Brown ground turkey in large skillet over medium high heat. Drain any fat.
2. Stir in taco seasoning mix. Add beans and salsa. Simmer for 5-10 minutes or until hot through.
3. Spoon turkey filling into tortillas or on top of lettuce. Top with toppings of choice.
4. Freezing instructions: Cool meat and bean mixture. Package, label, and place in freezer. To serve, thaw in refrigerator; reheat on the stove top or in the microwave.

Without shell or toppings: Calories: 188 Total Fat: 7 g Saturated Fat: 2 g
Sodium: 430mg Carbohydrates: 13 g Fiber: 5 g Protein : 21 g