

Local Matters

Turkey Tacos

Ingredients

1 pound lean ground turkey
2 carrots or 1 small sweet potato,
peeled and shredded
1 can (15 oz.) pinto beans, drained &
rinsed
1 ½ cups of crushed tomatoes, no salt
added
1 Tbsp. chili powder
2 tsp. cumin
1 tsp. garlic powder
1 tsp. dried oregano
½ tsp. salt
½ tsp. ground black pepper
pinch red pepper flakes

16 hard or soft taco shells



Garnishes

½ head of Romaine lettuce, shredded or
chopped fine
2 tomatoes, diced OR Fresh Tomato
Salsa
8 ounces of shredded cheddar cheese
8 ounces low-fat sour cream or plain
Greek yogurt

Directions:

1. Spray a large sauté pan with cooking spray. Heat over medium-high heat. Add turkey and cook until browned.
2. Add shredded carrot or sweet potato, beans, tomatoes, and spices.
3. Bring to a boil, then reduce heat to medium. Simmer until thickened, about 10-15 minutes. Taste and adjust seasonings as desired.
4. To serve: place 2 Tablespoons of cooked meat mixture in each taco shell. Top with lettuce, tomatoes, cheese, and sour cream or yogurt, if desired.

Yield: 8 servings, 2 tacos per serving