

BRUSSELS SPROUTS AND GROUND TURKEY SKILLET

INGREDIENTS

- 1/2 lbs. ground turkey
- Sea salt & black pepper - to taste
- 1/4 cup Chicken broth
- 2 tsp. Italian seasoning
- 1/2 tsp. garlic powder
- Red pepper flakes to taste
- 1/2 lbs. brussels sprouts
- 1 tbsp. Avocado oil



PREPARATION

1. Trim Brussels sprouts and cut them into quarters.
2. Heat up a skillet over medium-high heat and add avocado oil. Coat the bottom of the skillet.
3. Add Brussels sprouts and cook. Keep stirring occasionally - until sprouts are lightly browned, for about 3 minutes.
4. Now, add ground turkey and cook while breaking it up as it browns.
5. When the turkey is browned, season everything in the skillet with sea salt and pepper.
6. Now add the chicken broth and stir together.
7. Cover the skillet to allow simmering until the liquid has reduced, about 5 minutes.
8. Season with Italian seasoning, garlic powder, and red pepper flakes.
9. Serve warm and enjoy!

