

30-MINUTE GROUND TURKEY VEGETABLE SKILLET



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Avocado Oil	2 Tbsp.	Radishes, Chopped	3
Ground Turkey	1 lb.	Crown Broccoli, Chopped	1 Large
Ground Turmeric	1/2 Tsp.	Liquid Aminos	3 Tbsp
Sea Salt	To Taste	Handful Baby Spinach	1 Huge
Green Onion, Chopped	3 Stalks		



PREPARATION

- In a large skillet, heat the avocado oil over medium-high heat.
- Add the ground turkey to the skillet and cook for 5-7 minutes, stirring occasionally, until browned and cooked through.
- Sprinkle the ground turmeric and sea salt over the cooked turkey and stir well to combine.
- Add the chopped green onion, radishes, and crown broccoli to the skillet, and stir to combine with the turkey.
- Pour the liquid aminos over the vegetable and turkey mixture, and stir well.
- Reduce the heat to medium-low, cover the skillet with a lid, and let the vegetables and turkey cook for 8-10 minutes, or until the vegetables are tender.
- Once the vegetables are cooked, add baby spinach to the skillet, and stir until the spinach is wilted and incorporated.
- Serve the 30-Minute Ground Turkey Vegetable Skillet hot, and enjoy!