

TURKEY TACO BOWLS



INGREDIENTS

ITEM

Ground Turkey Breast
Extra Virgin Olive Oil
Green Bell Pepper, Diced
Yellow Bell Pepper, Diced
Salsa
Salt And Pepper
Homemade Taco Seasoning
Diced Jalapeno, Pico De Gallo, Green Onion,
And Cilantro, (Optional Toppings)

QUANTITY

1 lb.
1 Tbsp.
½ Cup
½ Cup
¼ Cup
To Taste



PREPARATION

- 👉 Heat the olive oil in a large skillet over medium heat. Add the diced bell peppers and sauté until they start to soften, about 3-4 minutes.
- 👉 Push the peppers to one side of the skillet and add the ground turkey breast to the other side. Cook the turkey, breaking it up with a spatula, until it is browned and cooked through about 5-7 minutes.
- 👉 Add the salsa to the skillet and stir to combine with the peppers and turkey. Season with salt and pepper to taste.
- 👉 Sprinkle the homemade taco seasoning over the mixture and stir well to evenly coat everything.
- 👉 Continue cooking for an additional 2-3 minutes to allow the flavors to meld together.
- 👉 Remove the skillet from heat and let the taco filling cool slightly.
- 👉 Divide the taco filling into meal prep containers or bowls. If meal prepping, let the filling cool completely before covering and refrigerating.
- 👉 When ready to serve, reheat the taco filling in the microwave or on the stovetop until warmed through. You can always serve over shredded cabbage and lettuce or cauliflower rice.