GROUND TURKEY TACO SKILLET W/ QUINOA

Dietary: | Servings: 4 | Preparation Time: 30 minutes

**INGREDIENTS**

**Skillet Starting Ingredients:**
- 1 Tbsp Olive or Avocado Oil
- ½ large onion, diced
- 1 lb Lean Ground Turkey
- 2 cloves Garlic, minced

**Later additions to Skillet:**
- 2/3 cup Quinoa (dry) or 1 cup Rice of choice
- 1 can (14.5oz) Fire-Roasted Tomatoes
- 1 can Black Beans, rinsed and drained
- 2 medium Green Bell Peppers, roughly chopped
- 2 Tbsp Taco Seasoning (homemade or store)
- 1 ½ cups Vegetable Broth
- Salt & Pepper, to taste

**Optional Toppings:** Avocado, Cilantro, Lime Juice, Plain Greek Yogurt, Shredded Cheese, Salsa, Hot Sauce, etc

**Homemade Taco Seasoning (Makes ½ Cup):**
- 2 Tbsp chili powder
- 2 Tbsp garlic powder
- 2 Tbsp cumin
- 1 Tbsp paprika
- 1 tsp cayenne pepper
- 1 tsp cinnamon
- ½ tsp red pepper flakes
- ½ tsp salt
- ½ tsp pepper

**DIRECTIONS**

1) Make Taco Seasoning in advance: Add all spices to a small bowl and mix well. Store in a small glass jar in cool, dry place for up to 6 months.

2) Prep skillet ingredients for smooth cooking: Dice onion, mince garlic, chop bell peppers, and drain black beans

3) In a large cast iron skillet or non-stick skillet over medium heat, add oil and let it get hot, about 1 minute. Add onion and sauté for 2-3 minutes until softened and browned.

4) Add turkey, minced garlic, and salt & pepper and cook until browned, about 5 minutes

5) Add rice, tomatoes, black beans, peppers, taco seasoning, and salt & pepper. Stir to combine.

6) Pour in broth and carefully stir. Cover with a lid and let simmer for 10-15 minutes until liquid is absorbed and rice is cooked through.

7) Top with optional toppings of choice and enjoy!

**Serving Size:**

- Calories: 518
- Fat (g): 28
- Sat. Fat (g): 9
- Carb (g): 50
- Fiber (g): 15
- Protein (g): 36

**THE INSIDE SCOOP**

When mixing up skillet recipes, or stews, soups or chilis, it’s easy to alter or add ingredients to the recipes to deliver the nutrition profile needed for your current training load. Add in extra grains if in harder training phases or double the vegetables if it’s a recovery or taper week.

When using spices, start on the lighter side, you can always add more, but you can’t take it away!

Be careful when selecting ground meats at the store…some options can be high in saturated fat…look for at least the 93% lean options. Organic and grass-fed are also great choices if you can budget for it.

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