



# Turkey Tacos

Prep time: 5-10 min

Cook time: 25 min

Serves 4-6

## INGREDIENTS

- 1 pound ground turkey
- 2/3 cup water
- Seasoning mix (see below)
- **Optional:** 1 can beans, rinsed and drained
- Whole grain tortillas or taco shells
- Toppings (lettuce, tomato, avocado, cheese, salsa, guacamole or other favorites)

### Seasoning Mix:

- 1 tablespoon chili powder
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon dried oregano
- ½ teaspoon paprika
- 1 ½ teaspoons ground cumin
- 1 teaspoon salt
- 1 teaspoon black pepper

## DIRECTIONS



Start with clean hands!

Wash your hands with soap and water.

1. Make the seasoning mix: stir the ingredients together in small bowl.
2. Heat skillet to medium-high heat. Add turkey and use a spatula to break it apart. Cook until it is no longer pink.
3. Add water, beans (if using) and seasoning mix. Stir.
4. Reduce heat and simmer for 10-15 minutes or until all water is absorbed.
5. Layer turkey meat with toppings of choice on the tortillas or in the taco shells.
6. Enjoy!