

Turkey Taco Bowls

Ingredients

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| 1 pound ground turkey | 1 yellow bell pepper, sliced |
| 2 tablespoons olive oil | 1 orange bell pepper, sliced |
| 1 packet low-sodium taco seasoning or homemade taco seasoning for 1 pound of turkey (see below) | 1/2 yellow onion, diced |
| 3 Roma tomatoes, diced | 2 cups lettuce, shredded |
| 1 red bell pepper, sliced | 2 cups brown rice, cooked |

Homemade Taco Seasoning

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| 1 tablespoon chili powder | 1/4 teaspoon oregano |
| 1/4 teaspoon garlic powder | 1/2 teaspoon paprika |
| 1/4 teaspoon onion powder | 1 1/2 tablespoons cumin |
| 1/2 to 1 tablespoon red pepper flakes | 1 teaspoon black pepper |

Combine all ingredients in a bowl, mix well and add to cooked meat.

Optional Toppings

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| Light sour cream | Jalapenos |
| Avocado | Light Mexican cheese |

Directions

1. Combine tomatoes, peppers and onion in a large storage container in the refrigerator.
2. Place lettuce in its own storage container in the refrigerator.
3. Place cooked rice in a storage container in the refrigerator.
4. Heat olive oil in a pan over medium-high heat. Cook ground turkey.
5. Once ground turkey is cooked, add taco seasoning according to packet instructions or add homemade taco seasoning. Stir until meat is covered or per packet instructions.
6. Place cooked ground turkey in a storage container in the refrigerator. It will keep up to 3 or 4 days.
7. To make a bowl, reheat the rice and turkey. Then, combine them in a bowl with the vegetable mix and lettuce. Add toppings as desired.