

GROUND TURKEY TACO SKILLET W/ QUINOA

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

Recipe Difficulty: 

INGREDIENTS

Skillet Starting Ingredients:

1 Tbsp Olive or Avocado Oil
½ large onion, diced
1lb 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



Source: eatthegains.com

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, its 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.

Author- Sarah Renaghan, MS, RD, CSSD

& Alicia Glass, MS, RD, CSSD (Alicia.glass@usopc.org)

Connect with Team USA Nutrition

Twitter & Instagram: @teamusanutrition