

Recipe for

Shockingly Tasty Taco Meat

SERVINGS:

12 (1/2 CUP) SERVINGS

PREP TIME: 5 MIN

COOK TIME: 20 MIN

INGREDIENTS

- 3 lbs ground turkey
- 1 tablespoon chopped, dried onion
- 4 tablespoons taco seasoning
- 1 cup canned refried beans
- 1 3/4 cups Salsa (Red Gold is our favorite with this recipe!)

DIRECTIONS

- 01** Add 3 lbs of ground turkey in a large sauce pan with chopped, dried onion. Cook over medium-high heat until browned. Add the taco seasoning, refried beans, and salsa to the skillet. Stir and let simmer (low heat) for 15 minutes. Add water as needed if the mixture becomes too thick.

MAKE IT A MEAL!

- 02** Add 4 ounces taco meat to a whole grain tortilla. Top with corn, shredded monterey jack cheese, shredded lettuce, and add hot sauce if you like it spicy! Roll into a burrito. Serve with a side of sliced fruit.

RECIPE FROM: WAYNE TOWNSHIP CHILD NUTRITION