



Turkey Taco Bowl

Ingredients

- 1 lb ground turkey
- 1 can black beans
- 1 can corn
- 1 cup brown or white rice, cooked
- Taco seasoning packet
- Guacamole or salsa (optional)

Directions:

1. Add ground turkey to a pot over the stove; Use spatula to break apart and cook until browned
2. Add seasoning packet and mix to combine; Remove from heat and set aside
3. Meanwhile, cook rice according to package instructions
4. Drain and rinse a can of corn and a can of black beans
5. Add $\frac{1}{3}$ to $\frac{1}{2}$ cup each of rice, beans, corn, and ground turkey to a bowl Optional to serve with guac and salsa

Cost: \$

Ease: 

Health Benefit: Beans are a great source of fiber and protein to help keep you fuller for longer. Ground turkey is a great source of lean protein for strong and healthy bones.

Equipment

Two pots
Spatula
Can opener

Fare  Meals
by Arielle