

Recipe: Mexican Ground Turkey Mix for Tacos, Fajitas, Taco Salads and more....

By Sara Baker

I belong to a CSA (Community Supported Agriculture) in the summer. I am therefore picking up tons of peppers and onions every week. The best way to use these in my opinion is either in a taco salad or a stir-fry. With the less expensive organic ground turkey at Costco now, I am often making taco and fajita style meat to use throughout the week. Traditional taco spice mixes found at the store are loaded with sodium. Below is a low sodium version that is just as flavorful. You can throw this mix into a salad and top with grilled onions and peppers, or use with a few corn tortillas.

Ingredients:

- 4 cloves of garlic
- 1.5lb organic ground turkey
- 1 tsp cumin
- black pepper to taste
- 1/2 tsp onion powder
- 1/4 tsp sea salt
- 1/4 tsp paprika
- 1/2 chile powder
- 1/2 tsp oregano
- 1/2 cup water
- Hot sauce to taste

Directions:

Heat pan over medium high heat. Add garlic and saute until soft. Add turkey. Using spoon break turkey into small pieces and cook for 3-4 minutes or until meat starts to brown. Mix all spices in small bowl. Add spices to turkey mixture and stir to combine. Add water and bring to a simmer. Cook until water has evaporated and turkey is cooked through. Use for taco salads, fajitas and more!