

Turkey Quinoa Taco Skillet

Ingredients

- ☐ 1 lb Ground Turkey
- ☐ 1 Onion, finely diced
- ☐ 1 Red Pepper, diced
- ☐ 1 cup Corn, fresh or frozen
- ☐ 2 Garlic Cloves, minced
- ☐ 2 Jalapenos, minced
- ☐ 1 tbsp Chili Powder
- ☐ 1 tsp Cumin
- ☐ 1 can Black Beans, drained and rinsed
- ☐ 1 cup Quinoa
- ☐ 1 14oz can Diced Tomatoes
- ☐ 2.5 cups Chicken Broth
- ☐ Salt and Pepper, to taste

- ☐ Cheddar Cheese, shredded to top
- ☐ Cilantro/scallions, to garnish
- ☐ Avocado
- ☐ Salsa

Utensils

- ☐ Slow Cooker
- ☐ Garlic mincer
- ☐ Wooden Spoon

Cooking Instructions

1. Put slow cooker over medium-high heat, add oil
2. Add meat and cook until no longer pink.
3. Add onion, red pepper, corn
4. Add minced garlic, jalapeno, chili powder, cumin, and quinoa
5. Mix well
6. Add diced tomatoes, beans, and broth
7. Cook on low setting for 8 hours

8. Remove lid and add the desired quantity of shredded cheese to top
9. Let sit 5-10 minutes

10. Serve topped with desired toppings