

TEX MEX TURKEY SKILLET



A RECIPE BY BRITTANY PRAY

PREP TIME: 10 MIN COOK TIME: 20 MIN TOTAL TIME: 30 MIN
SERVINGS: 8

INGREDIENTS

- Olive Oil Cooking Spray
- 4 Zucchini, 663g
- 1 Tomato, 222g
- 2lb 93% lean Ground Turkey
- 1/2 Cup Chopped Onion
- 2 tbsp Tomato Paste
- 2 cans Black Beans, 29oz
- 1.5 Cup Frozen Corn
- 4 tbsp Chopped Cilantro
- 2 tsp Cumin
- 1/2 tbsp Minced Garlic

DIRECTIONS

- Chop up the zucchini, tomato, and cilantro.
- Heat a large skillet sprayed with olive oil spray on medium heat.
- Add in the ground turkey and cook through, about 7 minutes.
- Add the tomato paste and chopped onion, stir, and cook for 1 minute.
- Add 1/4 cup of water, the black beans, tomato, corn, minced garlic, and cilantro.
- Add in the chopped zucchini. Stir until well mixed.
- Turn the heat down to low, cover the skillet, and cook for 5 minutes.

- Enjoy as is or serve with rice, quinoa, or even pasta.

NUTRITION: Serving size: 270g
Calories: 313 cal, Carbohydrates: 26g, Proteins: 30g, Fat: 11g

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