

# Turkey Taco Bowls

## Ingredients:

### Group 1:

- 1 onion, chopped
- 1.5 lbs ground turkey

### Group 2:

- Taco seasoning

### Group 3:

- 1 bag spring mix or spinach
- 1 bell pepper
- 1-2 tomatoes
- 1 can black olives
- 1 can black or pinto beans (optional)
- 1 avocado (optional)

## Directions:

1. Add Group 1 to a pan over medium heat and stir for about 10 minutes (until turkey is browned).
2. Add Group 2 to the pan along with  $\frac{3}{4}$  c of water (or as specified on the seasoning pack), stir, and cook for 3-5 minutes.
3. Drain and/or chop ingredients in Group 3.
4. Transfer the turkey mixture to bowls. Add toppings from Group 3, as desired.

**Serves 3-4 people.**