



## Turkey Black Bean Tacos

No need to wait for Taco Tuesday! Filled with nutrient-rich, lean ground turkey, black beans and loads of veggie toppings, you can enjoy these turkey tacos any night of the week. And with Thanksgiving just around the corner, these tacos would be terrific made with leftover turkey.

Serves: 4 to 6

### Ingredients:

- 1 tbsp (15 ml) olive oil
- 1 lb (500 grams) ground turkey
- 1 cup (250 ml) canned black beans, drained and rinsed
- 1 tbsp (15 ml) chili powder
- 1 tbsp (15 ml) cumin
- 1 tbsp (15ml) garlic powder
- 1 tbsp (15 ml) onion powder
- 1 tsp (5ml) red pepper flakes
- 1 tsp (5 ml) freshly ground black pepper
- ½ tsp (2 ml) salt
- 1 cup (250 ml) water

### For taco wraps:

Crunchy lettuce leaves or small corn or whole grain tortillas. Or skip the wrap and make it a taco salad bowl!

### For toppings:

Your choice! Try: shredded carrot, lettuce, chopped tomatoes, sliced sweet red peppers, sliced avocado, toasted corn, shredded cheese and salsa.

### Instructions:

1. Heat oil in skillet over medium-high heat. Add turkey, breaking into crumbles with a spoon. Cook until browned and cooked through.
2. Add the remaining ingredients and simmer until water is absorbed, about 5 minutes.
3. Serve taco mixture along with tortillas or crunchy lettuce leaves and assorted toppings and let everyone create their own taco they way they like it!