

Quick Turkey Tacos

Prep Time 15 mins
 Total Time 30 mins
 Meal Type Lunch, Dinner
 Contributed By



Source [Living Plate](#)

Servings 6



Ingredients

lb,c g,ml

- 2 lb ground turkey
- 4 Tbs olive oil
- 2 red onions, *diced*
- 2 Tbs tomato paste
- 3 red bell peppers, *diced*
- 5 cloves garlic, *minced*
- 2 tsp chili powder
- 2 tsp oregano, dried
- 1 tsp salt
- 1/2 tsp pepper
- 1 tsp paprika
- 1 tsp cumin, ground
- 1/2 tsp cayenne optional
- 2 heads romaine lettuce, *leaves separated and rinsed*
- 1 cup guacamole
- 2 cup salsa
- 1 Tbs cilantro, fresh garnish
- salt, *to taste*
- pepper, *to taste*

Directions

Prep

1. Dice peppers and onion.
2. Mince or press garlic.

Make

1. Stovetop
2. Heat oil in large sauté pan. Add turkey and brown, stirring often.
3. Remove turkey from pan and add onion and garlic. Sauté until fragrant. Stir in tomato paste.
4. Add peppers and spices. Sauté an additional 2 minutes.
5. Return turkey to pan and stir to combine.
6. Simmer covered for 10 minutes. If mixture is thick, you can add some water- a few tablespoons at a time- as you go.
7. Remove from heat and let stand for 10 minutes.
8. Place turkey in romaine "taco" boats and top with guacamole, salsa and cilantro.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 26.8g		41%	Total Carbohydrates 14g
Saturated Fat 5.2g		26%	Dietary Fiber 6g	22%
Trans Fat 0.2g			Total Sugars 5g	
Cholesterol 104mg		34%	Protein 32g	
Sodium 555mg		24%		
Vitamin D 1mcg 6% · Calcium 73mg 7% · Iron 3mg 17% · Potassium 852mg 18%				

Calories per serving **412**

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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