

NEW! Turkey Cauliflower Street Taco Bowl

Prep Time 5 mins
 Total Time 30 mins
 Meal Type Lunch,Dinner,Snack
 Contributed By



Source [Living Plate](#)

Servings 4



Ingredients

lb,c g,ml

- 1 Tbs Olive Oil
- 1 lb Turkey, 93% lean, *ground*
- 1 tsp Garlic powder
- 1 tsp Cumin, *ground*
- 1 tsp Chili powder
- 1 tsp Paprika
- 1/2 tsp Oregano, dry
- 1 cup Onion, frozen, *Chopped*
- 1/2 cup Bell Pepper, frozen, *Chopped*
- 3/4 cup Vegetable Stock, low sodium
- 4 oz Tomato Sauce, low sodium
- 3 cup Cauliflower, frozen, *Riced*
- Salt and Pepper
- 2 cup Coleslaw Blend, unseasoned
- 1 Avocado, *sliced* Optional
- 1 Lime, *Sliced into wedges*

Directions

Make

1. Heat the olive oil in a large skillet over medium heat. Add the frozen onion and frozen pepper and sauté for 5 minutes.
2. Add the ground turkey and cook until almost completely cooked. Add the garlic powder, cumin, chili powder, paprika, and oregano to the meat and continue to cook until completely cooked.
3. Add the vegetable broth and tomato sauce to the pan. Cover and simmer on low heat for ~10 minutes.
4. Uncover the pan and stir in the frozen cauliflower rice. Cook for 5 minutes or until rice is warmed through. Season with salt and pepper to taste.
5. Prepare bowls with coleslaw blend. Spoon taco rice mixture over the slaw. Garnish with optional sliced avocado and fresh lime juice.

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 20.7g		31%	Total Carbohydrates 19g
Saturated Fat 4.1g		20%	Dietary Fiber 8g	33%
Trans Fat 0.1g			Total Sugars 7g	
Cholesterol 84mg		27%	Protein 26g	
Sodium 155mg		6%		
Vitamin D 0mcg 4% · Calcium 86mg 8% · Iron 3mg 18% · Potassium 793mg 16%				

* 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.

- Show all nutrients -

Calories 347
per serving