Turkey Tacos

Ingredients:

1 medium carrot, small sweet potato or small zucchini

1 (15.5 oz) can pinto beans

1 lb lean ground turkey

1 (15.5 oz) can chopped or crushed tomatoes

1 Tbsp. chili powder

1 tsp garlic powder

1 tsp dried oregano

1/2 tsp salt

1/2 tsp pepper

1/4 medium head lettuce

2 large tomatoes

7 oz. cheddar cheese

16 taco shells

Directions:

- 1. Rinse, peel and grate carrot, sweet potato or zucchini (if using zucchini, grate but do not peel). Squeeze dry with paper towels.
- 2. Drain and rinse beans in a colander.
- 3. Coat a large skillet with non-stick cooking spray and heat over medium-high heat.

 Add turkey and brown.
- 4. Stir in grated veggies, beans, canned tomatoes and seasonings, reduce heat to medium and cook until thickened, about 20 minutes.
- 5. Meanwhile, shred the lettuce, chop the fresh tomatoes and grate the cheese.
- 6. Divide the meat mixture between the taco shells and top with lettuce, tomatoes and cheese.

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