

# 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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