

Skillet Enchilada

Ingredients

- 1 pound extra lean ground turkey
- 2 TBS taco seasoning
- Olive oil
- 1/2 yellow onion
- 1 red bell pepper
- 1 zucchini
- 3 garlic cloves minced
- 28 oz can red enchilada sauce
- 1 (14 oz.) can garbanzo beans OR black Beans OR pinto beans drained & rinsed
- 3/4 cup fresh or frozen corn kernels
- 1 cup cooked brown rice (*I buy the Trader Joes frozen brown rice (It is ready in 3 minutes!)*)
- 4 white OR yellow corn tortillas cut into 1 1/2 inch strips
- 3/4 cup light Mexican blend cheese

Optional toppings:

- Cilantro
- Fresh jalapeño

Directions

1. Cook Ramen noodles according to package instructions- I prefer to cook mine in beef broth for added flavor
2. Heat 2 TBS of olive oil in a large skillet.
3. Add frozen stir fry veggies to air fryer. Drizzle with soy sauce and 1 tsp garlic powder
4. Chop onion and add to the skillet with ground beef. Cook for 2-3 minutes. Add garlic, mushrooms and worcestershire sauce to the skillet and continue to cook until meat is cooked through.
5. Add ramen to boiling water or broth
6. Add sugar snap peas to the skillet with ground beef and onion. Add cooked ramen to the skillet with about 1/2 cup of liquid from cooking pasta.
7. Mix everything together well in the skillet. Add coconut aminos.
8. Remove veggies from the air fryer and enjoy!

MADE WITH LOVE

by Teresa Forehand