

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. Heat a large nonstick skillet over medium-high heat. Add one TBS of olive oil . Add the ground turkey and taco seasoning (may need a 1/4 water if seems dry) and cook over medium heat until browned.
2. While your meat cooks, chop your veggies. Dice onion, chop zucchini and red bell pepper
3. Once meat is cooked transfer to a bowl (takes about 8-10 minutes)
4. Reduce the heat to medium and add 2 teaspoons olive oil to the skillet. Add the onion , zucchini, pepper, garlic and corn to the skillet and cook over medium heat for 4-5 minutes.
5. Add the enchilada sauce, black beans, rice and cooked ground turkey to the skillet. Increase heat and bring the mixture to a boil. Reduce the heat and simmer until the sauce has thickened slightly, about 10 minutes.
6. Stir in the corn tortillas, then sprinkle the cheese over the mixture. Cover the skillet for a minute to allow the cheese to melt.
7. Garnish and enjoy!

MADE WITH LOVE

by Teresa Forehand