



## Turkey Taco Skillet

### Ingredients:

- 1 pound ground turkey
- Olive oil
- 1 medium yellow onion, diced
- 1 small green bell pepper, diced
- 2 garlic cloves, minced
- 15 ounces black beans
- 15 ounces diced tomatoes, drained
- 8 ounces corn
- 8 ounces green chilis
- 4 tablespoons taco seasoning
- 1 package Nature's Earthly Choice™ Quinoa & Barley
- 2 ½ cups shredded cheddar cheese
- Cilantro or avocado (optional)

### Directions:

1. Warm olive oil in a large skillet over medium heat. Cook the onion and bell pepper until tender, about 5 to 7 minutes. Add the garlic and cook for 1 minute.
2. Add the ground turkey, using more oil if needed. Cook until no longer pink. Add the black beans, tomatoes, corn, chilis, quinoa and barley, and taco seasoning. Cook for 5 minutes or until heated through, stirring constantly. Mix in 1 cup of shredded cheese.
3. Top with remaining cheddar cheese. Once melted, garnish with cilantro or avocado. Serve as is or with tortilla chips.