

QUICK & HEALTHY TACO BOWLS WITH CHUNKY MANGO PICO

Serves 3

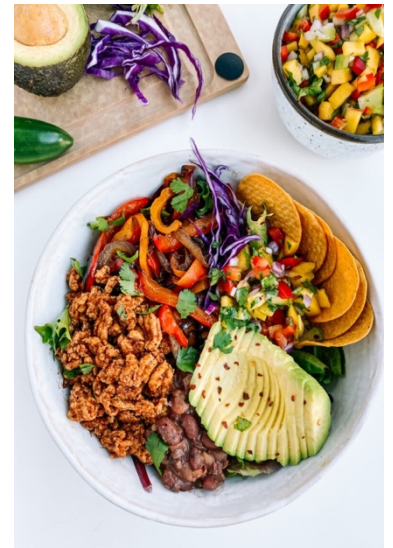
Ingredients:

Taco Bowl

2 oz organic ground turkey
1 tbsp taco seasoning
1/4 cup water
4 handfuls mixed greens
2 tbsp avocado oil
1 large bell peppers, thinly sliced
1/2 medium onion, thinly sliced
1/4 tsp cumin + pink salt
1/2 cup purple cabbage
1/2 cup refried chipotle beans
1/2 avocado, sliced
1/3 cup freshly chopped cilantro
Siete Foods grain-free chips

Chunky Mango Pico

1 large semi-ripe mango, peeled and diced
1/2 large cucumber, peeled and diced
1/2 medium red bell pepper, diced
1-2 limes, juiced
1/4 cup red onion, diced
1/2 tbsp finely chopped jalapeño, seeds removed
1/4 cup freshly chopped cilantro
1/2 tsp sea salt



Directions:

Taco Bowl

1. Heat 1 tbsp oil on medium heat in skillet until hot but not smoking. Add organic ground turkey (or meat of choice) and cook for 5-7 minutes, or until browned. Add taco seasoning and water, turn heat to low, and cover to cook for an additional 5 minutes, or until the water has been absorbed. Turn heat off and set aside.
2. While the turkey is cooking, in a separate skillet add the oil and thinly sliced peppers + onions. Sauté for several minutes on medium heat, add cumin + pink salt, then cover and let cook until charred, about 10 minutes. Make sure to toss every few minutes.
3. Time to build your bowls! Add mixed greens, seasoned turkey, veggies, sliced avocado, fresh cilantro, mango pico, heated beans and tortilla chips. Enjoy!

Chunky Mango Pico

1. Once everything is chopped, toss in a medium bowl add more lime + salt based off your preference. Refrigerate for 30 minutes before serving, and store in airtight container for up to 3 days.

Nutrition Information per serving (1/3 recipe):

Calories: 775, Total Fat: 46.1 g, Saturated Fat: 10.5 g, Unsaturated Fat: 29.4g, Cholesterol: 180.1 mg, Sodium: 471.9 mg, Carbohydrate 46.7g, Fiber: 11.1g, Sugar: 24.2g, Added sugar: 0g, Protein: 49.6g

SOURCE: <https://rachaelsgoodeats.com/quick-healthy-taco-bowls/>
