

Ground Turkey Taco Skillet

Yield: 5 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/ground-turkey-wrap-recipe-mexican>

Ingredients:

- 1 pound ground turkey
- 1 onion diced
- 1 1/4 ounces taco seasoning mix or homemade taco seasoning
- 2 cups water
- 16 ounces salsa
- 15 ounces corn undrained
- 2 cups instant brown rice
- 4 ounces green chilis
- 1 cup cheese shredded Mexican or taco, blend
- 2 cups shredded lettuce
- 1 large tomato chopped
- 1/2 cup sour cream reduced-fat

Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 90 grams
3. Cholesterol: 105 milligrams
4. Fat: 22 grams
5. Fiber: 9 grams
6. Protein: 33 grams
7. SaturatedFat: 10 grams
8. Sodium: 1390 milligrams
9. Sugar: 11 grams

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