

# Sweet and Spicy Taco

Yield: 11 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipes-with-ground-turkey-and-italian-sausage-recipe>

## Ingredients:

- 1 red onion medium, chopped
- 5 garlic cloves minced
- 2 tablespoons olive oil or unsalted butter
- 2 pounds ground turkey
- 1 pound ground beef
- 1 pound sweet Italian sausage or substitute more turkey or beef and a little more oil or butter
- 2 bunches scallions white and green parts, thinly sliced
- 1 bunch fresh cilantro finely chopped
- 3 tablespoons ground cumin
- 1 teaspoon chili powder
- 2 tablespoons seasoned salt Lawry's, or fine sea salt, to taste
- 1/4 teaspoon ground pepper
- 1 tablespoon Tabasco Sauce store-bought or homemade
- 1/4 teaspoon cayenne
- 1/2 jalapeño pepper minced
- 2 1/2 cups orange juice
- 4 1/2 ounces corn tortillas 1 packaged, 6-inch (15-cm) warmed
- 4 tomatoes chopped, or cherry tomatoes of assorted colors, halved
- 2 heads romaine lettuce chopped or thinly sliced crosswise
- 2 onions small, chopped
- guacamole or avocado slices
- 12 ounces shredded cheese 1 package
- 16 ounces sour cream 1 carton

## Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 160 milligrams

4. Fat: 38 grams
  5. Fiber: 6 grams
  6. Protein: 42 grams
  7. SaturatedFat: 17 grams
  8. Sodium: 640 milligrams
  9. Sugar: 12 grams
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