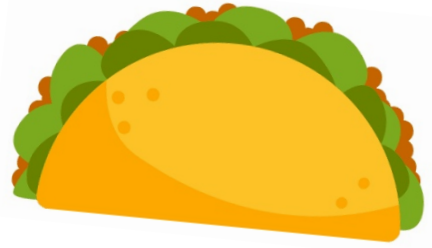


# ONE PAN ~ TACO ~

By: Heather & Zach Nielsen



## Ingredients:

- ~ 1 lb Ground Turkey
- ~ 1 can of black beans
- ~ 1 yellow onion (chopped)
- ~ 3 Roma tomatoes
- ~ 5 cloves garlic (minced)
- ~ Shredded cheese
- ~ 1 packet taco seasoning
- ~ 1 avocado

## Instructions:

1. Add splash of olive oil to a frying pan and add onion. Cook until onion is translucent. Add garlic.
2. In the same pan\* cook ground turkey until no longer pink. As it cooks separate it with a spoon.
3. Stir in taco seasoning packet to meat/onion/garlic.
4. Strain a can of black beans and add to the pan.
5. Cut up tomatoes and add to the pan.
6. Throw in some (as much as you'd like) shredded cheese and stir.
7. Take off heat and top with sliced avocado.
8. Serve warm and eat with tortilla chips.

\*Or use a separate pan to cook turkey then add to onion pan