



Turkey, Kale & Black Bean Tacos

Prep Time: 15 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

419 calories

9.78 g fat

722 mg sodium



INGREDIENTS: **** Items not included in kit**

- 1 lb. ground turkey
- 2 garlic cloves, minced
- 1 cup onion, diced
- Turkey Chipotle Taco Seasoning (1 TB chili powder & 2 tsp ground cumin)
- 1/4 pound kale, chopped (wash and dry before using)
- 1 TB chipotle chilies in adobo sauce (Chipotles are smoked dried jalapenos and can be moderate to spicy hot. Use amount based on preferred spice level.)
- 15 oz. can tomato sauce
- 15.5 oz. can black beans, drained & rinsed
- 12 flour tortillas
- 1 cup shredded cheddar cheese
- 1/2 pint cherry/grape tomatoes, halved
- Avocado, thinly sliced
- Salt & Pepper, to taste**

DIRECTIONS:

1. In a large sauté pan, combine **ground turkey, 2 cloves minced garlic, diced onion, and Turkey Chipotle Taco Seasoning**. Cook over medium-high heat, stirring often, until meat is lightly browned, 8-10 minutes.
2. Separate **kale** leaves by pulling off from the rib, discard the rib. Wash and dry the kale leaves. While meat browns, chop the **kale leaves to equal 2 cups (or more if desired)**.
3. To the cooked turkey add **chopped kale, chipotle in adobo sauce** (use amount based on preferred spice level), drained and rinsed can **black beans** and can **tomato sauce** and stir. Cover and simmer over medium heat, stirring occasionally, until kale is wilted, about 10 minutes. Season with **salt & pepper** to taste.
4. Warm **tortillas** by wrapping the stack of tortillas in damp paper towels or a damp kitchen towel, then wrap in plastic wrap and place on a microwave safe plate. Microwave 30 to 60 seconds until tortillas are warm and flexible.
5. Spoon taco mixture into **warmed tortillas** and top with **shredded cheese, halved tomatoes and thinly sliced avocado**.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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