

Taco Bowls



Recipe By Amber

Penney Farms Princess

INGREDIENTS

1 onion, diced	1 lb. ground turkey
1 poblano pepper, diced	1 package mild Italian sausage
1 jalapeño, diced (seeds removed)	1 29 oz. can tomato sauce
1 yellow bell pepper, diced	2 tbsp extra virgin olive oil
1 red bell pepper, diced	2 tbsp chili powder
1 orange bell pepper, diced	1 tsp turmeric
4 cloves garlic, minced	1 tbsp garlic powder
1 10 oz. bag frozen corn	2 tbsp cumin
1 15 oz. can black beans, rinsed	salt & pepper to taste

INSTRUCTIONS

Dice the onion, poblano, jalapeño, bell peppers, and garlic. Mince the garlic.

Heat a pan to medium high heat, and drizzle with olive oil. Remove the sausage from the casing and add it to the pan with the ground turkey. Add the chili powder, turmeric, garlic powder, cumin, salt & pepper. Mix everything together with a wooden spoon, breaking apart the meat as the seasonings mix in and it cooks.

When the meat is browned and cooked through, remove it from the pan with a slotted spoon. Leave the grease from the sausage. Add a little olive oil to the pan if it's too dry. Then, add in the onion, poblano, jalapeño, and bell peppers. (Let the meat rest in a separate dish while the veggies cook.) Season the veggies with salt & pepper, stirring occasionally.

When the veggies are softened, about 5 minutes, add in the garlic, corn, and black beans. Sauté for about 3-5 minutes, stirring occasionally. Then, add the meat and any remaining juices back into the pan.

Add in the tomato sauce. Reduce heat to low, cover and simmer for 15 minutes.

Serve with toppings like cilantro, sour cream, avocado, shredded cheese, tortilla chips, black olives, and lime wedges.