

SPICY Turkey Taco Recipe

by: WL Studio | makes 4 or 5 servings

PREP: 20 minutes

COOK: under 20 minutes

COOL: about 2 to 3 minutes

INGREDIENTS

· taco meat ·

1 lb ground turkey
3 garlic cloves - *minced*
1 medium sweet onion - *diced*
(save 1/2 for toppings)
1/2 tbsp cumin
1 bundle cilantro - *chopped*
(save 1/2 for toppings)
1 tsp salt
1 tsp pepper
1/2 C red enchilada sauce

· toppings ·

2 avocado - *diced*
4 tomatoes - *diced*
1/2 C shredded cheese (optional)
cilantro & onions (saved from taco meat)

· kitchen tools ·

1 medium cooking pan
1 large deep cooking pan (for tacos)
wooden spoon
cooking tongs

· taco sauce ·

1/3 C mayo
1/3 C sour cream
1/2 tbsp taco sauce
1/4 tsp cumin
1/4 tsp pepper

· taco shells ·

tortillas
canola oil

INSTRUCTIONS

taco meat

1. To make the taco meat: Heat up the medium cooking pan and drizzle olive oil.
2. Using a wooden spoon, cook the diced onions (save half portion for toppings) until clear. Add the mince garlic and stir for a couple of minutes.
3. Add the ground turkey, make sure to break the meat apart with the wooden spoon. Stir the meat with onions and garlic ever so often.
4. Once meat starts to brown, sprinkle the cumin. Stir it together.
5. Add the chopped cilantro (save half portion for toppings), and stir together.
6. Sprinkle salt and pepper, stir again. Add the sauce, and stir again. Let it sit till the liquid of the sauce has gathered and coated the taco meat. Once done, remove from pan from heat.

taco sauce

1. Add mayo, sour cream, taco sauce (and less if its too spicy) cumin and pepper and mix. Make sure to mix well and the spices are incorporated well.

taco shells

1. Using the large deep cooking pan over medium-high heat, slowly add the canola oil to the pan. Once pan is heated, turn the pan slightly down and add the tortilla to the pan.
2. Once tortilla starts to expand, turn the tortilla over and fold in half.
3. Hold the folded tortilla in place and allow it to cook. You will want a slight golden crisp to your tortilla.
4. Have a paper towel ready, place the tortilla there to allow the excess oil to absorb.