Turkey Tacos

*This is the perfect weeknight meal that the whole family will love! This versatile, 30-minute recipe can be used to top tortilla chips for nachos, fill soft and hard taco shells, in enchiladas or to top rice.*

****Serves: 8

Serving Size: ¾ cup filling for 2 tacos

**Ingredients**

1 tablespoon vegetable or olive oil

1 large onion, chopped

1 small sweet potato, peeled and grated

1 small bell pepper, any color, chopped

2 pounds lean, ground turkey (93% lean)

1 Tablespoon mild chili powder

1 teaspoon ground cumin

1 teaspoon garlic powder

1 teaspoon dried oregano

½ tsp. salt

¼ tsp. black pepper

cayenne pepper to taste (optional)

1 (15oz) can crushed tomatoes

¼ cup water

1 (15oz) can pinto or black beans, drained and rinsed

1 (2.25oz) can sliced black olives, drained (optional)

16 taco shells

**For topping:**

Shredded lettuce

Shredded cheddar cheese

Light sour cream

Sliced avocados

**Instructions**

In a large sauté pan, heat oil over medium high heat until shimmering. Add onion, sweet potato and bell pepper and sauté for 5 minutes to soften them. Add the ground turkey and sauté until turkey is no longer pink and starts to brown, about 15 minutes. Add dried spices, salt and pepper and sauté for 1 minute. Add tomatoes, water, beans and olives and bring to a boil. Reduce heat to medium and cook turkey and beans mixture until thickened, about 10 more minutes. Serve with taco shells, soft tortillas or on top of rice. Add desired toppings and serve.