



One Pot Mexican Casserole

6 servings
30 minutes

Ingredients

1 lb Extra Lean Ground Turkey
1/2 White Onion
1 Red Bell Pepper
1 Lime
1 cup Quinoa (uncooked)
1 1/2 cups Organic Vegetable Broth
2 tsps Chili Powder
1 tsp Cumin
15 ozs Diced Tomatoes
15 ozs Red Kidney Beans
1 cup Frozen Corn
2 tbsps Cilantro

Directions

- 1 Cook turkey with onions and green pepper. Drain and set aside.
- 2 In a large skillet add quinoa, broth, diced tomatoes, corn and spices. Simmer for 10 minutes.
- 3 Add in cooked ground beef mixture and simmer for another 5-10 minutes, until quinoa is cooked, stirring occasionally.
- 4 Stir in lime juice and add cilantro to taste. Enjoy!

Notes

Quinoa, Should be soaked overnight or 8 hours beforehand to facilitate digestion and increase nutrient availability.

Vegetarian, This dish is easily made vegetarian. Simply omit the ground turkey.

Additional toppings, Add avocado, cheese and tortilla chips.