

## **Kale, Turkey and Black Bean Taco Filling -Plus 5 Ways to Use It!**

I love... love, love, LOVE, taco night. Always have, even as a kid. I have fond memories of mom browning ground chuck on the stove while we piled up the toppings in the middle of the table.

Back then we used taco sauce, cheese, lettuce and tomato, and Mom would drain the fat that cooked out the beef. I remember wanting her to buy those taco dinner night boxes that came with the seasoning and shells so badly, but she never would. Let's say I get my home cooking desire from her. She was a stickler on not cooking out of a box and she'd season the beef herself.



Now I'm responsible for my family's meals, I'm influenced by mom's approach but have completely made taco night my own. It's one meal I can easily get my boys to eat super healthy without them really even noticing.

And when you get all this great stuff from the farm...

You have to come up with ways to get you family to eat it.

Last week all 3 boys happily devoured my Kale, Turkey and Black Bean Taco Filling without one complaint. NOT ONE. Let me share what I did and how we used it.

### **Ingredients**

- 1 lb Lean Ground Turkey
- 1/2 of a sweet onion chopped
- 1 Jalapeno pepper diced (optional)
- About 1 and 1/2 cups of chopped Kale (100g) – or spinach
- 1 Medium sweet pepper chopped small (optional)
- 1 15oz can of black beans drained and rinsed
- 2-3 cups cauliflower rice (Fit Chicks! additions)
- 1 tbsp Chili Powder (optional)
- 1 tbsp dried Cumin (do more to taste)
- Healthy pinch of Kosher Salt

Heat a large skillet over medium-high heat, spray with non-stick spray and brown the turkey with onion. Dice the Jalapeno and add it to the browning meat. Leave in the seeds and ribs if you'd like a bit more heat.

Add the chopped kale (or spinach) to the skillet with a pinch of salt and stir all together. Add in the diced pepper, black beans and spices. Cook for a few more minutes allowing all the flavors to merge and the pepper to soften just a little bit.

*Lower to a simmer to keep warm until ready to use. Note: if you notice the meat starting to dry out, just add a tablespoon or 2 of salsa. Moistens things right up!*

*We used our taco filling 4 ways for dinner and I made a fun leftover dish*

**1. The Husband Classic Tacos on Soft Shells** - He likes them with just a little salsa, cheese and lettuce. Although I make him use spinach instead. ;)



**2. The Little Guy's Quesadilla** - I started making quesadillas on taco night when he was little because they stayed together easier. Now they are one of his favorites. I always add some mashed avocado and chopped spinach in there too!



**3. My Taco Lettuce wraps.**

When I have a nice head of lettuce I'll use the leaves instead of shells. It saves me a few calories so I don't feel guilty piling on the cheese and avocado. :)



**4. Leftovers tossed with sautéed cabbage**

The next day for a warm lunch I tossed some shredded cabbage in a skillet with taco meat and cooked until the leaves wilted. Topped with a bit of salsa it made a fabulous lunch!

