



Turkey Taco Lettuce Wraps

ingredients

- 1 Tbsp Olive Oil
- 3/4 C chopped yellow onion
- 1 lb lean ground turkey
- 2 cloves garlic
- salt & pepper
- 1 Tbsp chili powder
- 1 tsp ground cumin (comino)
- 1/2 tsp paprika
- 1/2 C tomato sauce
- 1/2 C low-sodium chicken broth
- Iceberg or Romaine lettuce leave, doubled up for serving
- Shredded Mexican cheese, diced Roma tomatoes, diced red onion, diced avacado, chopped cilantro, light sour cream for topping

instructions

1. Heat olive oil in a non-stick skillet over medium-high heat.
2. Add onion and saute two minutes. Add turkey and garlic, season with salt and pepper and cook, tossing and breaking up turkey occasionally, until cooked through, about five minutes.
3. Add chili powder, cumin paprika, tomato sauce and chicken broth. Reduce to a simmer and cook about five minutes until sauce has reduced.
4. Serve mixture over lettuce leaves with desired toppings.