

Lunch Burrito Bowl

Servings: 4

RECIPE BOX

INGREDIENTS

1 CUP BROWN OR JASMINE RICE
1 LB GROUND TURKEY
1 TBSP TACO SEASONING
2 CUP GRAPE TOMATOES, HALVED
1 AVOCADO, DICED
1 – 15 OZ CAN BLACK BEANS



DIRECTIONS

STEP 1: Cook rice according to package directions.

STEP 2: In a large skillet, cook turkey over medium heat, about 6-7 minutes. Season with taco seasoning.

STEP 3: Assemble bowl, dividing rice among 4 bowls and top with ground turkey, tomatoes, avocados, and black beans.

GF Choose gluten free rice.

V Brown chopped zucchini and yellow squash instead of turkey.

Nutrition per Serving: Calories 320, Total Fat 14g, Carbs 24g, Protein 26g, Fiber 5g. Sugars, 2g

