

Mexican Turkey and Black Bean Tacos

Prep 20M | Cook 15M | Enjoy in 35M

For a twist on a classic, try these turkey and black bean tacos. They are packed full of veggies and a great source of protein, fat and fibre—the perfect combination to keep you feeling full for longer.

[This recipe is part of our July meal plan.](#)

INGREDIENTS

- 1 tsp canola oil
- 1 cup diced onion
- 1 cup diced green pepper
- 2 cloves minced garlic
- 1 lb. lean ground turkey
- 1 can (540 mL) black beans, drained and rinsed
- 1 cup diced fresh tomato
- 1 tsp chili powder
- 1 tsp cumin
- ¼ tsp smoked paprika
- ¼ tsp cayenne
- ½ tsp salt
- 1 tsp lime juice
- 2 tbsp chopped fresh cilantro
- 6 flour tortillas (8-inch)
- Salsa (optional)
- Avocado (optional)

DIRECTIONS

1. Heat oil in a large frypan over medium heat. Add onions, pepper and garlic and cook until softened, about 3–5 minutes.
2. Add turkey and cook, breaking up with a wooden spoon, until cooked through, about 7–8 minutes.
3. Add black beans, tomatoes, chili powder, cumin, smoked paprika, cayenne and salt. Cook, stirring, until fragrant, about 2–3 minutes.
4. Remove from heat and add lime juice and cilantro.
5. Spoon meat mixture into tortillas. If desired, top with salsa, avocado or any other desired toppings.
6. Serve immediately and enjoy!

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NUTRITIONAL FACTS

Serves 6 (1 taco per serving)

Nutritional analysis per serving: 254 calories, 10 g fat, 25 g protein, 17 g carbohydrate (11 g available carbohydrate), 6 g fibre, 447 mg sodium