



Ground Turkey & Veggie Stir-fry

Quick Dinners

INGREDIENTS

- 3/4 cup of broth (chicken or vegetable broth work well)
- 1/4 cup of soy sauce
- 2 tablespoons of rice wine vinegar
- 2 tablespoons of toasted sesame oil
- 1 teaspoon of ground ginger or 1tbsp fresh, minced
- 3 cloves of garlic, minced
- 1 teaspoon of sugar
- 1/2 cup diced onion
- 1 pound of ground turkey
- 1 cup of diced red pepper, sliced
- 3 cups of kale or spinach chopped
- 1 cup of carrots, shredded

DIRECTIONS

1. In a small bowl add broth, soy sauce, rice vinegar, sesame oil, ginger, garlic and sugar. Stir to combine.
2. Heat a large nonstick skillet over medium heat until hot. Add diced onion and ground turkey; cook 6 to 8 minutes, breaking into small crumbles and stirring occasionally. Pour off any drippings.
3. Add sauce, and peppers to turkey; cover and cook 4 to 5 minutes. Add kale and carrots and cook for another 4 to 5 minutes or until vegetables are crisp-tender, stirring occasionally.
4. Serve with rice, quinoa or barley.

Substitutions:

- Try ground beef in place of turkey
- Switch up the vegetables. Try shredded cabbage, shredded zucchini, diced mushrooms, snap peas, green peas broccoli or cauliflower would all work well.
- For a super quick dinner option use broccoli slaw or a coleslaw mix for the vegetables.