

Southwest Tortilla-Turkey Skillet

Lindsay Ludden - Omaha, NE
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Servings: 2

*1/2 pound ground turkey
3/4 cup black beans, rinsed
and drained
1/2 cup water
1/3 cup sliced ripe olives
2 tablespoons reduced-
sodium taco seasoning
1 tablespoon juice from
pickled jalapeno slices
1 ten-inch flour tortilla, cut
into one-inch pieces
1/2 cup reduced-fat
Mexican cheese blend,
shredded
2 tablespoons pickled
jalapeno slices
2 tablespoons reduced-fat
sour cream*

In a large skillet over medium heat, cook the turkey until no longer pink. Drain.

Stir in the beans, water, olives, taco seasoning and jalapeno juice. Bring to a boil. Reduce the heat. Simmer, uncovered, until thickened, 6 to 7 minutes.

Stir in the tortilla. Sprinkle with cheese and jalapeno. Remove from the heat. Cover until the cheese is melted, 1 to 2 minutes.

Serve with sour cream.

Per Serving (excluding unknown items): 417 Calories; 10g Fat (22.4% calories from fat); 36g Protein; 45g Carbohydrate; 11g Dietary Fiber; 90mg Cholesterol; 112mg Sodium. Exchanges: 3 Grain(Starch); 3 1/2 Lean Meat; 0 Fat.