One-Pan Turkey Taco Skillet

Ground turkey, black beans and tomatoes simmer together for a quick taco-style filling.

Prep 10 min **Cook** 20 min **Serves** 4

Ingredients

- ☐ 1 lb (450 g) lean ground turkey
- ☐ 1 tbsp olive oil
- ☐ 1 small onion, diced
- ☐ 1 bell pepper, diced
- ☐ 2 tsp chili powder
- ☐ 1 tsp cumin
- ☐ 1 can (15 oz) black beans, drained
- ☐ 1 can (14.5 oz) diced tomatoes
- ☐ ½ tsp salt
- ☐ Rice, tortillas or lettuce for serving



Spoon & Joy recipe illustration.

Before you start

Cook the turkey fully
Ground turkey should reach 165°F (74°C). Check before serving rather than relying on the color alone.

Timing note
Preparation and cooking times are estimates. Read the full method before starting.

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METHOD & KITCHEN NOTES

1. Warm oil in a skillet and soften onion and pepper for four minutes.

2. Add ground turkey, breaking it up with a wooden spoon.

3. Add chili powder, cumin and salt; cook until ground turkey reaches 165°F (74°C).

4. Stir in beans and tomatoes and simmer 7-10 minutes until slightly thickened.

5. Serve with rice, tortillas or salad greens.

Storage & making ahead

Refrigerate promptly and use within 3-4 days. Reheat leftovers to 165°F.

A useful variation Add corn or diced zucchini for extra vegetables. Simmer uncovered to thicken the filling.

Read this recipe on Spoon & Joy