

Turkey Black Bean Tacos with Spicy Pineapple Salsa

Taco Filling Ingredients:

1 tablespoon cooking oil
1 pound ground turkey
1 onion, diced small
2 carrots, grated
1 10-oz. can diced tomatoes with green chiles
1 15-oz. can black beans, drained & rinsed
1 tablespoon chili powder
1 tablespoon ground cumin
1/4 teaspoon cayenne pepper
1/2 teaspoon dried oregano
1/2 teaspoon salt
1/4 teaspoon freshly cracked black pepper



Directions:

1. In a large pan, heat the oil over medium heat. Add the ground turkey to the pan and begin to cook the meat. Stir to break the meat up into smaller pieces.
2. Cook the turkey for 1-2 minutes then add in the chopped onion and grated carrots to the meat. Continue cooking until the ground turkey is no longer pink and the onions are softened, about 3-5 minutes.
3. Stir in the diced tomatoes, the drained and rinsed black beans, chili powder, cumin, cayenne, dried oregano, salt and pepper.
4. Simmer the taco filling over medium heat, stirring frequently until the vegetables are soft and the beans are warmed through, about 5-10 minutes.
5. Serve the filling with Spicy Pineapple Salsa and corn tortillas, chips, with rice, or in a burrito.

Spicy Pineapple Salsa Ingredients:

2 cups chopped pineapple, fresh or canned (drain if using canned)
1/4 red onion, finely diced
1 jalapeño, finely diced
Juice of 1 lime
1/4 cup chopped cilantro
1 teaspoon salt

Directions:

1. Add all ingredients to a bowl. Stir gently.
2. Season to taste with more salt, pepper and lime juice.
3. Serve immediately or store covered in the fridge for 2-3 days.