

## Twisted Tacos

### Ingredients:

1 lb. ground turkey  
½ onion, diced  
4 cloves garlic, minced  
2 Tbsp chili powder  
1 can red beans  
1 Tbsp cumin  
1 Tbsp black pepper  
1 cup low fat chicken broth  
½ cup rice (uncooked)  
12 corn tortillas  
2 Tbsp olive oil



### For garnish:

1 cup low fat cheese  
2 cups Salsa  
1 avocado, sliced.  
1 cup low fat sour cream  
Shredded lettuce

### Directions:

Cook the rice according to package directions and set aside.

In a large frying pan sauté the onions and garlic in 1½ Tbsp of olive oil for 3-5 minutes then add the ground turkey. Drain the fat if needed. Drain and rinse the red beans and add to the turkey mixture along with the chili powder, cumin, pepper and chicken broth. Using a potato masher or fork, break up the beans – you don't want it to be mush but you want to open up some of the beans. Let this mixture simmer for 8-10 minutes until the liquid is almost gone then stir in the cooked rice, cover the pan and turn off the heat.

Lay out the tortilla shells on a cookie sheet and baste with the remaining olive oil and place in a 400 degrees oven. After 4 minutes turn the shells over and cook for another 4 minutes. You want the shells to be crunch but not burnt.

Now it's time to assemble. Start with a tortilla shell and add some of the turkey mixture then add whatever you like as a topping: salsa, avocado, and sour cream cheese.

Makes 12...