



## Turkey Taco Meat & Taco Cups

*Serves: 24 cups*  
*Prep Time: 15 mins*  
*Cook Time: 20 mins*

### **INGREDIENTS**

#### **Turkey Taco Meat**

2 lbs | 900 g Lean Ground Turkey  
1 tbsp | 15 ml canola oil  
1 cup | 250 ml yellow onion, minced  
1 tsp | 5 ml sea salt  
1/4 tsp | 1.25 ml ground black pepper  
1 cup | 250 ml crushed tomatoes, tinned  
taco seasoning (homemade or 2 packets)

#### **Homemade Taco Seasoning**

1 tbsp | 15 ml chili powder  
1 tbsp | 15 ml ground cumin  
1/2 tsp | 2.5 ml garlic powder  
1/2 tsp | 2.5 ml onion powder  
1/2 tsp | 2.5 ml paprika  
1/4 tsp | 1.25 ml red pepper flakes (optional)

#### **Taco Cups**

6 large tortilla, cut into quarters  
1 cup | 25 ml Tex-mex cheese, shredded  
1/2 cup | 25 ml iceberg lettuce, shredded  
12 cherry tomatoes, sliced  
1/2 cup | 25 ml sour cream (optional)  
1/2 cup | 25 ml salsa (optional)  
1/2 cup | 25 ml guacamole (optional)  
1/2 cup | 25 ml refried beans (optional)  
1/2 cup | 25 ml red peppers, diced (optional)  
24 jalapeno slices (optional)



### **DIRECTIONS**

#### **Turkey Taco Meat**

1. Preheat the oven to 325°F (165°C) degrees.
2. Heat canola oil over medium heat in a large skillet. Sauté onions for 4-6 minutes until lightly browned.
3. Add ground turkey. Season with salt and pepper. Cook until lightly browned and cooked through, about 8-10 mins.
4. Add crushed tomatoes and taco seasoning and stir to incorporate. Cook for an additional 5 minutes. Set the turkey taco meat aside to cool.

#### **Taco Cups**

1. Take each piece of tortilla and press into the muffin cup of a muffin tin to create a cup. Bake for 10-12 minutes until browned and crispy.
2. To assemble: place 1 1/2-2 tbsp of ground turkey mixture into each cup. Top with toppings and serve.

*This simple taco meat recipe is perfect to enjoy in multiple different recipes including tacos (soft and hard shell), taco in a bag, taco salad, quesadillas, nachos, soups, pastas, chilis, stuffed peppers, empanadas or even a taco dip. To freeze your turkey taco meat for a quick meal at a later date, add the portioned meat to Ziplock bag(s) and freeze. Use within three months. To use, thaw in the fridge and use within 3 days once thawed or thaw in the microwave and use immediately in your recipe.*