



Southwest Turkey & Cauliflower Rice (4 Servings)

5-minute prep
25-minute cook

Calories – 580

Protein – 33 grams

Fat – 38 grams

Carbohydrates – 23 grams

Ingredients:

- 1 Yellow Onion
- Poblano Peppers
- 1 Lime
- 1/4 oz fresh Cilantro
- 2 tbsp Southwest Spice Blend (McCormick's)
- 24 oz Ground Turkey
- 24 oz Cauliflower Rice
- 4 tbsp butter
- Salt
- Pepper

Tex-Mex Paste:

- 4 teaspoons paprika
- 1 tablespoon white vinegar
- 1/2 teaspoon dried oregano
- 2 small garlic cloves, minced
- 1/4 teaspoon ground cumin

Instructions:

1. Thinly slice onion – wash, halve, deseed & thinly slice poblano peppers
2. Rinse/clean lime and cilantro - zest and quarter lime, chop cilantro leaves
3. Heat a drizzle of olive oil in a large pan over medium heat
4. Add onion and poblano – season with half of the Southwest Spice, salt, and pepper
5. Cook, stirring occasionally until brown and tender (about 7-9 minutes)
6. While veggies cook, make Tex-Mex paste by mixing ingredients into a bowl until smooth
7. Transfer cooked veggies to a separate bowl and cover to keep warm – wipe out pan
8. Heat another drizzle of oil in same pan used for veggies and add turkey
9. Press turkey with a spatula into an even layer (cook without stirring) 3-4 minutes
10. Once turkey is browned on bottom side, breakup meat into pieces
11. Stir in Tex-Mex paste, remaining Southwest Spice, and ¼ cup of water
12. Bring to a simmer and cook until sauce thickens, and turkey is cooked thoroughly
13. Remove from heat, stir in butter until melted and season with salt and pepper
14. Heat a drizzle of oil in a medium pan over medium heat – add cauliflower rice
15. Season rice with salt and pepper – cook, stirring occasionally until rice is soft (4-5 min)
16. Remove from heat, add lime zest, half the cilantro, 2 tbsp butter, and squeeze of lime
17. Serve rice and top with turkey and vegetables – sprinkle remaining cilantro