

Cooking Matters Tex-Mex Skillet

SERVINGS: 8

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN



Ingredients

- 1/2 medium head lettuce
- 1 medium green bell pepper
- 1 large tomato
- 1 small jalapeño pepper
- 1/2 medium red onion
- 2 cloves garlic
- 2-ounces low-fat cheddar cheese
- 1, 15.5-ounce can black beans, no salt added
- 1-pound lean ground turkey
- 1, 12-ounce bag frozen corn
- 1/2 cup water
- 3/4 teaspoon chili powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon salt
- Pinch ground pepper
- 8, 6-inch whole wheat flour tortillas

Directions

1. Rinse lettuce, bell pepper, tomato, & jalapeño. Rinse & peel onion. Peel garlic.
2. Chop lettuce into bitesize pieces. Mince garlic. Halve the jalapeño & bell peppers. Remove seeds with the tip of the knife & dice peppers.
3. Over a small bowl, grate tomato & onion using the coarse side of a box grater. Collect all pulp & juices.
4. Grate cheddar cheese.
5. In a colander, drain & rinse beans.
6. In a large skillet over medium-high heat, cook meat, bell pepper, & garlic until meat is lightly browned. Remove fat.
7. Stir in frozen corn, beans, water, & spices. Bring mixture to a boil. Lower heat & cover. Simmer for 10 minutes.
8. Make salsa while mixture is simmering by adding jalapeño & pinch of salt to grated tomato & onion.
9. Divide meat mixture evenly among the 8 tortillas. Top each with grated cheese, salsa, & lettuce. Serve & enjoy!