



Ground Turkey Sweet Potato Skillet

Prep: 15 minutes | Cook: 35 minutes | Total: 50 minutes

Yield: 4 servings | Serving Size: 1½ cups

Ingredients

2 tablespoons oil
1 pound ground turkey
2 garlic cloves, minced (about 1 teaspoon)
½ medium onion, diced
1 bell pepper, diced
1 (15-ounce) can black beans, drained and rinsed
2 tablespoons ground black pepper
Pinch crushed red pepper
1 large sweet potato, diced
Water, if needed
1 cup shredded part-skim mozzarella cheese

Directions

1. Heat a large pot medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the ground turkey, garlic, onion, and bell pepper.
4. Use a heat-resistant spoon to break up the turkey while it cooks. Stir occasionally and cook until the turkey is no longer pink.
5. Add the sweet potato, beans, black pepper, and crushed red pepper flakes.
6. Cover the skillet and cook until the potato is tender, stirring occasionally. If necessary, add a little bit of water to cook the sweet potato faster.
7. When the sweet potato is tender, sprinkle with the shredded mozzarella cheese.
8. Turn off the heat.
9. Cover the pot with a lid and let sit until the cheese is melted, about 5 minutes.
10. Serve warm.

**Nutrition Facts Per Serving: Calories: 345 | Total Fat: 10 g | Saturated Fat: 2 g
Sodium: 520 mg | Total Carbohydrate: 32.5 g | Dietary Fiber: 8.5 g | Protein: 38.5 g**

Adapted from Cooking Light | Submitted by JoAnna Hazard RD
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