

Easy Turkey Taco Dip

Serves: 4-6

INGREDIENTS:

- 1/2 white onion, diced
- 1 red bell pepper, diced
- 1 lb organic, lean ground turkey
- 2 tsp chili powder
- 1 tsp cumin
- 1 tsp coriander
- 1/2 tsp garlic powder
- salt/pepper
- 1 can fat-free refried beans
- 1 can green chilies
- 2 tbsp bone broth or vegetable broth
- 3/4 cup Greek Yogurt, probiotic rich
- 1 ripe avocado
- Nutritional yeast
- Lettuce, chopped
- Pico de Gallo



Serving size: 1 cup

INSTRUCTIONS:

1. On the stove top, heat up a pan over medium. Add the white onion and red bell pepper. Season with all spices listed above and toss until veggies are coated. After 3-4 minutes, add in the ground meat and cook until no longer pink.
2. In a blender or food processor, add the can of refried beans, green chilies and broth. Blend until super smooth and creamy! Set aside.
3. In a bowl, mash the avocado with salt/pepper and garlic powder. Taste and adjust as needed.
4. In the bottom of an 8x8 baking dish, pour in 1/2 of the bean mixture to coat the bottom. Then the entire layer in all the meat. Pour on the rest of the bean mix.
5. On top of the beans, smear in 1/2-3/4 cup of greek yogurt - it will combine with the beans!
6. Lastly, layer on the Pico, guac, nutritional yeast + lettuce on top!