

# SKINNY BURRITO BOWLS



**Makes:** 6 servings

**Nutrition Information:**

Calories: 357, Carbs: 45.7g,  
Fiber: 9g, Fat: 10.4g,  
Protein: 20.8g

## INGREDIENTS

- 1 cup, diced onions
- 8 ounces ground turkey
- 1¼ cup chicken broth
- 1 cup brown rice, cooked
- 1 cup jarred salsa
- 1¼ cup diced tomatoes
- 2 tablespoons dry taco seasoning mix (1.8 grams)
- ¾ cup corn
- 1¾ cup canned black beans
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 4 oz shredded mild cheddar cheese
- 4 tablespoons chopped chives

## PREPARATION

Over medium heat, in a skillet, cook the onion and ground turkey, until turkey is no longer pink. Drain off any fat, then push the turkey to one side of the skillet. Add the rice and toast for about 1 minute.

Add the broth, rice, 1 cup salsa, 1 cup diced tomatoes, taco seasoning, corn, and the beans. Bring to a boil then lower the heat and simmer for about 10-15 minutes, or until the rice is tender. Season with salt and pepper. If it starts to dry up, add a little more broth. Turn off the burner.

Mix in the cheese and allow to melt from the heat.

Serve in individual bowls and garnish with the remaining tomatoes, salsa, and chives. You can also garnish it with fresh avocado and lettuce.

**NOTE:** If you'd like to skip cooking the rice in advance, you can use Uncle Ben's 10 minute brown rice.

