



CULINARY LEARN AND SHARE

Ground Turkey Enchilada Stir-Fry with Couscous

Yield: 4

Prep Time: 10 min. Cook Time: 20 min.

Difficulty: Easy

Ingredients

- 1/2 cup (125 mL) whole-wheat couscous (makes about 2 cups cooked)
- 1/2 cup (125 mL) water
- 1 pound (½ kg) lean ground turkey*
- 1 teaspoon (5 mL) olive oil
- 2 cups butternut squash, peeled, seeded and diced
- 1 cup broccoli florets
- 15 oz can (425 g) black beans, no-sodium-added preferred
- 10 oz (283g) jar or can enchilada sauce
- 1/2 cup (125 mL) salsa
- Optional toppings: cilantro, avocado, cheese, lime juice

Directions

Pour water into a small saucepan and bring to a boil over high heat. Pour dry couscous into the saucepan. Stir well. Cover and let stand for 5 minutes. Fluff with a fork and set aside.

In a large skillet or wok, cook ground turkey over medium heat, breaking it up with a wooden spoon until cooked through and browned. Season with salt and pepper to taste. Drain excess fat. Transfer to a bowl and set aside.

Wipe the pan clean. Heat olive oil in the same pan over high heat. Add the squash and cook, stirring occasionally, until browned and softened, about 8 to 10 minutes.

Add broccoli and cook for an additional 3 to 5 minutes. Add the turkey, beans, enchilada sauce and salsa. Stir until all the ingredients are well combined.

Serve with couscous and top with cilantro, avocado, cheese, and/or fresh lime juice as desired.

*Substitute ground turkey with shredded or diced whole turkey.



Recipe Source: Min Kwon, M.S. R.D., FoodNetwork.com



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