

Turkey Taco Meat

Ingredients:

- 1 pound Ground Turkey
- ¼ C Canola Oil
- ½ C Onions, chopped
- 1 C Tomato Sauce (1 - 8oz. can)
- ½ tsp. Cumin
- TT Salt (lightly to taste)
- 1 tsp. Chopped Garlic



Directions

Heat oil in skillet. Add ground turkey and chopped onion. Sauté until meat loses pink color. Add tomato sauce, garlic and seasonings. Blend and simmer for 10 minutes or more to allow flavors to blend

