

Firecracker Protein Turkey Bowls



PREP TIME:
5 MINUTES

COOK TIME:
25 MINUTES

TOTAL TIME:
30 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 4 Servings

Ingredients:

- 1 lb. Organic Ground Turkey
- 2 TBSP Olive Oil (reserving 1 TBSP)
- ½ Cup Onions - Chopped
- 1 Teaspoon Garlic Powder
- ½ Teaspoon Dried Ginger
- ¼ Teaspoon Pink Salt
- Black Pepper to Taste
- 2 Cups Tuscan Kale – Center Stems Removed and Sliced Longways
- 1 Head Broccoli – Florets Roughly Chopped
- 1 Medium Zucchini – Chopped
- 1/4 Cup Onion – Chopped
- 1/3 Cup Buffalo Sauce – *I used Primal Kitchen Brand*
- ¼ Cup Coconut Sugar or Monkfruit Sweetener (Lankato Brand)
- 1 TBSP Apple Cider Vinegar
- 1 Teaspoon Arrowroot
- 1 7 oz. Package “Right Rice” – Original Flavor
- **Optional:** Red Pepper Flakes for more spice
- **Optional:** Sliced Avocado (1/4 of an avocado per bowl)

Instructions:

1. Warm up large sauté pan to medium heat.
2. Add 1 TBSP olive oil & onion. Allow to cook-down & soften 5 minutes.
3. Add in contents of ground turkey to pan. Season with garlic powder, ginger, salt & black pepper.
4. Stir & cook (breaking apart turkey) about 10 minutes until cooked through & no longer pink.
5. While turkey is cooking, prepare Right Rice according to package directions.

6. In a separate frying pan, add the remaining olive oil & warm up pan. Add the ¼ cup onions & cook 5 minutes. Next add broccoli, zucchini, and kale. Season to taste with salt & pepper. Cook until soften but still have a crunch.
7. In a small bowl add the buffalo sauce, sweetener, vinegar, & arrowroot. Stir until combined.
8. Once turkey is cooked through add the sauce and gently mix in. May need to add water if gets too thick. Add 1 TBSP at a time.
9. Allow to simmer on low another 5 minutes.
10. Assemble your bowls portioning out the turkey, veggies, Right Rice and avocado if using.
11. **Optional:** Top with fresh parsley.
12. **Note:** *Pick your favorite veggies – can modify the veggies used in this dish.*

***Try and use all organic ingredients if possible.**

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