



GROUND TURKEY SWEET POTATO SKILLET

INGREDIENTS

- 1 lb ground turkey
- 1 medium onion
- 1 shallot
- 3 garlic cloves
- ¼ cup tomato paste
- 1 medium sweet potato
- 1 cup of chicken broth
- 2 tsp smoked paprika
- 3 cups of fresh kale
- 1 medium avocado
- Parsley
- Crushed red pepper flakes
- Salt & pepper

PREPARATION

1. In a large skillet, cook turkey, onion, shallot and garlic over medium heat until turkey is cooked and vegetables tender.
2. Add in tomato paste and cook and stir for 1 minute longer.
3. Add cubed sweet potato, broth, paprika, salt and pepper. Bring to a boil and reduce heat.
4. Cover the pan and simmer until potatoes are tender, stirring occasionally.
5. Add kale and red pepper flakes. Cook and stir until kale is wilted.
6. Serve and top with avocado and herbs.

