

## **Turkey Black Bean Mexicana**

**By: Dottie Baltz**

Makes 8 Servings

- ~ 20 oz. pkg ground turkey 93/7
- ~ 1 (15 oz.) can of black beans, rinsed and drained
- ~ 1 cup diced red onion
- ~ 1 tablespoon worcester sauce
- ~ 1 tablespoon cumin
- ~ 1 tablespoon cayenne pepper
- ~ 1 tablespoon minced garlic
- ~ 1 teaspoon chili powder
- ~ 1 (14.5 oz.) can of tomatoes and green chilies (with juice)

In a blender combine the black beans, onion, worcester sauce and spices. After the mixture has formed a paste-like consistency, mix in the turkey. Add the meat mixture to a pre-heated non-stick frying pan and cook on medium heat until there is no longer any pink showing from the turkey, approximately 10-15 minutes. Add the can of tomatoes and green chilies and cook an additional 5 minutes. Serve using the suggestions below.

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### **Uses and Variations:**

- ~ Serve on tortilla chips garnished with sour cream, cheese, fresh pico de gallo, and guacamole
- ~ Make a burrito, topped with all your favorite things
- ~ Omit the tomatoes and green chilies, form into 8-5 oz. patties and bake in the oven at 350 degrees for 25-30 minutes
- ~ Omit the tomatoes and green chilies, add 1 cup of panko bread crumbs, 1/4 cup of egg substitute (or 1 egg) and form into a loaf. Top with a mexican blend of cheese and bake in a 350 degree oven for 45-55 minutes. Serve with salsa on the side.