

Turkey Breakfast Skillet

INGREDIENTS:

1 pound ground turkey (or any ground meat)
2 cups diced sweet potato
½ green pepper, diced
½ red onion, diced
2 T avocado or olive oil
1 T garlic, minced
1 tsp. Basil
1 tsp. Oregano
1 tsp. Onion powder
½ tsp. Sea salt
½ tsp. Black pepper

PROCESS:

Heat oil in a large skillet (or cast iron pan)

Add minced garlic and diced sweet potato. Cook for 5-7 minutes, stirring occasionally until they begin to brown but not cooked through.

Add the ground turkey and all spices.

When turkey is cooked halfway through, add in green pepper and onion. Stir to combine and cook an additional 5-7 minutes until green pepper and onion are tender.

Remove from heat.

ENJOY!

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