



Copyright 2021. The Food Fairy. All rights reserved.

## *Reduced Sodium Turkey Tacos*

*Serves 4*

### *Ingredients:*

1 TBSP Tabasco chipotle pepper sauce  
1 TBSP low sodium tomato paste  
2 TBSP vegetable oil  
1 medium yellow onion, finely diced  
2 medium garlic cloves, minced  
2 TBSP chili powder  
2 tsp ground cumin  
1 to 1¼ lb. ground turkey (not ground turkey breast)  
¼ cup chopped fresh cilantro  
A pinch of kosher salt (optional)  
12 taco-size (6-inch) flour tortillas, heated  
fresh vegetables of choice, chopped (lettuce or cabbage, bell peppers, tomatoes, cucumbers, avocados, red onions, etc.)

### *Preparation:*

1. In a small dish, whisk the chipotle Tabasco, tomato paste, and 2 tablespoons of water. Heat the oil in a 12-inch skillet over medium-high heat. Add the onion and cook, stirring very frequently, until lightly browned, 3 to 5 minutes. Add the garlic, chili powder, and cumin and cook until fragrant, about 30 seconds.
2. Add the turkey. Cook, using a wooden spoon to break the meat into small pieces, until just cooked through, about 3 minutes. Stir in the tomato paste mixture and let cook until the liquid is almost absorbed, 1 to 2 minutes.
3. Off the heat, stir in the cilantro and season to taste with a pinch of salt if needed. Serve folded in the tortillas with your favorite taco toppings.



*Food Fairy Note:*

Adapted from: *Turkey Tacos*, Jennifer Armentrout, *Fine Cooking*, September 1, 2008, pp.94