

Spicy Ground Turkey and Green Bean Stir-fry

Prep Time: 5 Min Cook Time: 15 Min Total Time: 20 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 1.5-2 cups

Amount Per Serving

Calories 294 Calories from Fat 102

% Daily Value *

Total Fat 12g	18%
Saturated Fat 5g	26%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 83mg	28%
Sodium 723mg	31%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	14%
Sugars 4g	

Protein 39g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 1 lb green beans
- 4 tsp coconut oil (or vegetable oil)
- 1 tbsp sesame oil
- 2 garlic cloves, minced
- 2 tbsp ginger, minced
- 1.33 lbs 99% lean ground turkey
- 4 tbsp low sodium soy sauce (GF if needed or coconut aminos for Whole30)
- 2 tbsp rice vinegar
- 2 tsp Asian chili garlic paste (like sambal olek)

Directions

- 1 Preheat the oven to broil. Toss the green beans with half of the coconut oil. Lay flat on a baking sheet covered in foil. Broil for 6-8 minutes until tender and beginning to char. Shake the pan once during cooking.
- 2 Meanwhile, heat the remaining coconut and sesame oil over medium high heat. Add the ground turkey, garlic, and ginger. Brown until turkey is fully cooked.
- 3 Add the green beans to the pan and stir. Then add the soy sauce, rice vinegar, and sambal olek. Cook for 1 minute. Taste and season with additional soy sauce if needed.

Notes

