

Teriyaki Turkey Bowls

Yield: 4 Servings **Author:** Lauren

Prep time: 10 M Cook time: 25 M Total time: 35 M

Ground turkey cooked with broccoli, carrots, and onions and covered in teriyaki sauce, served over a bowl of cauliflower rice

INGREDIENTS:

- 1 lb 99% Fat Free Ground Turkey
- 2 Bags Frozen Cauliflower Rice
- 1/2 Yellow Onion, diced
- 12 oz Broccoli, chopped
- 5oz Shredded Carrots
- 2 Green Onions, chopped
- 1/2 cup Low Sodium Soy Sauce
- 2 Tbsp Red Wine Vinegar
- 2 Tbsp Brown Sugar
- 1/4 cup Water
- 3 Tbsp Garlic, minced
- 1 tsp Ground Ginger
- 1/2 tbsp Corn Starch
- 1 Tbsp Water
- 1 Tbsp Sesame Seeds

INSTRUCTIONS:

1. Chop the onion and broccoli into small pieces and set aside
2. In medium sauce pan, mix the soy sauce, vinegar, sugar, 1/4 cup water, 2 Tbsp garlic, and ginger until combined
3. In a large, greased skillet over medium heat, add the onion and cook until soft. Add in the ground turkey and remaining garlic and cook for 5 minutes
4. Add in the broccoli and carrots, cover the skillet and cook until the turkey is completely cooked through, about 15 more minutes.
5. Cook the sauce over medium heat whisking as it cooks to prevent the sugar from sticking to the bottom
6. In a small cup, mix the corn starch with the 1tbsp of water and add it slowly to the sauce while stirring. Continue heating the sauce until it thickens.
7. Add the thickened sauce to the turkey and veggies and stir well. Continue cooking for 5-10 more minutes to coat everything well in the sauce.
8. Meanwhile, cook the cauliflower rice according to package instructions and divide the cauliflower rice between 4 bowls and top each bowl with the teriyaki turkey and veggies
9. Sprinkle the sesame seeds and green onion on top, Serve hot, and Enjoy!