

Turkey to Taco Cups

Watch the video featuring a real farm family in Manitoba and then try the recipe below using one or more ingredients found on their farm.

Video courtesy of [Great Tastes of Manitoba](#) | Recipe courtesy of [Manitoba Turkey Producers](#)



https://youtu.be/D1XTzajM_E

Young Farmers Passionate About Growing Local Food

Austin grew up on a turkey farm in central Manitoba and at the age of 21, he returned to the farm with his wife, Joanne. Austin credits his parents for their support as the family farm has successfully transitioned to the third generation. Farm life is busy, especially with two young children, but the couple still find time for hobbies like fishing and woodworking. Joanne grows a big garden, canning and preserving much of the harvest for their own enjoyment, but they are also proud of their role in supplying a 100% local product to other Manitobans.

DID YOU KNOW?

Turkey is a nutritional powerhouse! It's packed full of immune-strengthening nutrients including high-quality protein. Protein is key for overall good health and plays an important role in building, maintaining and repairing your body every day. It's recommended that you aim for about 20 to 30 grams of protein at each meal and each 100-gram serving of turkey has about 30 grams of high-quality protein, making turkey an excellent option to fulfil your protein needs.

LEARN MORE:

[snapAG: Today's Farm](#)

[snapAG: Farm Animals](#)

[snapAG: Eating Local](#)

[Manitoba Turkey Producers](#)

Turkey Taco Cups

Ingredients

| | |
|--------|-----------------------------------|
| 2 lbs | lean ground turkey |
| 1 tbsp | canola oil |
| 1 cup | yellow onion, minced |
| 1 tsp | sea salt |
| ¼ tsp | ground black pepper |
| 1 cup | crushed tomatoes, tinned |
| 1 tbsp | chili powder |
| 1 tbsp | ground cumin |
| ½ tsp | garlic powder |
| ½ tsp | onion powder |
| ½ tsp | paprika |
| ¼ tsp | red pepper flakes (optional) |
| 6 | large tortilla, cut into quarters |
| 1 cup | Tex-mex cheese, shredded |
| ½ cup | iceberg lettuce, shredded |
| ½ cup | sour cream |
| 12 | cherry tomatoes, sliced |
| 24 | jalepeno slices (optional) |

Method

1. Preheat the oven to 325°F (165°C) degrees.
2. Heat canola oil over medium heat in a large skillet. Sauté onions for 4-6 minutes until lightly browned.
3. Add ground turkey. Season with salt and pepper. Cook until lightly browned and cooked through, about 8-10 mins.
4. Add crushed tomatoes and spices and stir to incorporate. Cook for an additional 5 minutes. Set the turkey mixture aside to cool.
5. Take each piece of tortilla and press into the muffin cup of a muffin tin to create a cup. Bake for 10-12 minutes until browned and crispy.
6. To assemble: place 1 1/2-2 tbsp of ground turkey mixture into each cup. Top with 1-1 1/2 tsp sour cream, lettuce, cherry tomato slices, jalapeno slices and cheese. Serve at room temperature.



<https://youtu.be/-CdBva658hU>

Servings **24 portions** | Total time **35 min**

Grown by Manitoba Farmers