

DINNER

Turkey Tacos with Spicy Tomatoes

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
25 min	20 min	5 min	12	\$2.12	445 kcal



Turkey Tacos with Spicy Tomatoes might be just the main course you are searching for. This recipe serves 12 and costs \$2.12 per serving. One serving contains 445 calories, 20g of protein, and 31g of fat. Not a lot of people made this recipe, and 8 would say it hit the spot.

Ingredients

- ☐ 12 servings Chopped avocado
- ☐ ¼ teaspoon ground dried chipotle pepper, or more to taste
- ☐ 12 ounces ground turkey breast
- ☐ 1 medium onion, chopped
- ☐ 12 servings Shredded romaine lettuce
- ☐ 12 servings Sour cream
- ☐ 2 cloves garlic, minced
- ☐ 1 teaspoon ground cumin
- ☐ 1 cup refrigerated steamed lentils
- ☐ 14½ ounce Del Monte® Petite Diced Tomatoes, drained
canned
- ☐ 12 servings Shredded Cheddar cheese
- ☐ 12 corn taco shells

Method

- 1

Cook ground turkey, onion and garlic over medium heat in a large skillet until meat is brown and onion is tender; drain off fat.
- 2

Stir in undrained canned tomatoes, lentils, cumin and ground chipotle pepper. Cook for 5 minutes, stirring occasionally.
- 3

To serve, spoon about 1/4 cup meat mixture into each taco shell. Top with sour cream, romaine, cheese, avocado and/or radishes.

Nutrition per serving			
	445	20 g	31 g
	KCAL	PROTEIN	FAT
			27 g
			CARBS
Saturated Fat			10.2 g · 63% of daily needs
Fibre			11.4 g · 46% of daily needs
Sugar			4.6 g · 5% of daily needs
Sodium			314 mg · 14% of daily needs
Cholesterol			52.7 mg · 18% of daily needs
Vitamin C			17.8 mg · 22% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/turkey-tacos-with-spicy-tomatoes-148412