

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Katie's Turkey Taco Dip

Ingredients:

- Sautee 3 red onion
- 2 green peppers finely chopped in olive oil
- Add 2 pounds ground Turkey
- Taco spices as you like (there are many great gluten free blends)
- 1 can diced tomatoes (drained, I like fire roasted organic)

Directions:

- Serve warm and let the kids eat the meat with red pepper boats (cut for scooping) or corn chips garnish with avocado, cheese, salsa...etc