

# THINK TURKEY™

*Cooking with Ground Turkey*



# Turkey Taco Cups

**SERVES: 8-12 | PREP TIME: 15 MINS | COOK TIME: 20 MINS**

## INGREDIENTS:

### Taco Cups:

2 lbs | 500 g  
1 tbsp | 15 ml  
1 cup | 250 ml  
1 tsp | 5 ml  
1/4 tsp | 1.25 ml  
1 cup | 250 ml  
1 tbsp | 15 ml  
1 tbsp | 15 ml  
1/2 tsp | 2.5 ml  
1/2 tsp | 2.5 ml  
1/2 tsp | 2.5 ml  
1/4 tsp | 1.25 ml  
6

Ground Turkey  
canola oil  
yellow onion, minced  
salt  
pepper  
crushed tomatoes, tinned  
chili powder  
ground cumin  
garlic powder  
onion powder  
paprika  
red pepper flakes (optional)  
large tortilla, cut into quarters

### Toppings:

1/2 cup | 25 ml  
1/2 cup | 25 ml  
12  
24  
1 cup | 25 ml

sour cream  
iceberg lettuce, shredded  
cherry tomatoes, sliced  
jalapeno slices (optional)  
Tex-mex cheese, shredded

## DIRECTIONS:

1. Preheat oven to 325°F (165°C).
2. Heat canola oil over medium heat in a large skillet.
3. Sauté onions for 4-6 minutes until lightly browned.
4. Add ground turkey. Season with salt and pepper. Cook until lightly browned and cooked through, about 8-10 minutes.
5. Add crushed tomatoes and spices and stir to incorporate. Cook for an additional 5 minutes then set turkey mixture aside to cool.
6. 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.
7. 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.
8. Serve at room temperature.

Recipe courtesy of:  
Manitoba Turkey Producers

# Turkey Cheddar Spinach Dip

**SERVES: 10 | PREP TIME: 10 MINS | COOK TIME: 15 MINS**

## INGREDIENTS:

1 lb   450 g	Ground Turkey
1/3 cup   85 ml	shallots, finely chopped
2 tbsp   30 ml	canola oil
2 tbsp   30 ml	garlic, finely chopped
2 cups   500 ml	fresh packed baby spinach, finely chopped
1/2 cup   65 ml	35% cream (whipping cream)
3/4 cup   175 ml	aged white cheddar, shredded
3/4 cup   175 ml	smoked cheddar, shredded
1/2 tsp   2.5 ml	sea salt
1/4 tsp   1.25 ml	ground black pepper
1/2 tsp   2.5 ml	mustard powder
4 dashes	Worcestershire sauce
1/4 cup   65 ml	14% sour cream
	sourdough bread bowl (optional)
	paprika

## DIRECTIONS:

1. Sauté turkey, shallots and garlic in canola oil in a medium sized pot over medium-high heat until lightly browned.
2. Add spinach and cream. Stir and continue cooking until spinach is cooked and cream is simmering.
3. Remove from heat and add cheeses, sea salt, ground black pepper, mustard powder and Worcestershire sauce. Continue to stir until the cheese is melted. Fold in sour cream.
4. Spoon mixture into a sourdough bread bowl and sprinkle with paprika. Serve warm.



**WITH 28 GRAMS OF PROTEIN PER SERVING, GROUND TURKEY IS EXTRA LEAN, YET IT'S STILL MOIST MAKING IT IDEAL FOR ANY GROUND MEAT RECIPE.**



*Recipe Courtesy of:  
Manitoba Turkey Producers*



# Green Goodness Turkey Sliders

**SERVES: 6-8 | PREP TIME: 25 MINS | COOK TIME: 10 MINS**

## INGREDIENTS:

2 lbs   900 g	Ground Turkey
1 cup   250 ml	onion, diced
to taste	salt and pepper
3 cloves	garlic, minced
1 cup   250 ml	panko breadcrumbs
1 tbsp   15 ml	Worcestershire sauce
2 tbsp   30 ml	oyster sauce
1 tbsp   15 ml	tamari (or light soy sauce)
2 tbsp   30 ml	water

## DIRECTIONS:

1. Sauté onions over medium heat until translucent and lightly browned, about 4-6 minutes. Remove from heat and let cool.
2. In a large bowl, add turkey and season with salt and pepper.
3. Add all other ingredients including cooked onions. Mix to incorporate.
4. Take a half cup of turkey mixture and roll gently to create a rough ball. Flatten to desired thickness and place on a sheet of wax paper over a large plate or tray. Repeat. There should be 8-12 patties.
5. Place the tray of patties in the freezer for 60 minutes to firm up. This will help the sliders keep their shape on the barbecue.
6. Remove from the freezer and barbecue immediately. Barbecue the patties over medium-high heat until a meat thermometer inserted into the thickest part of the meat reads 165°F (75°C) and is no longer pink, approximately 4-6 minutes per side.



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Recipe Courtesy of:  
Turkey Farmers of Canada

# Turkey Rice Salad

**SERVES: 8 | PREP TIME: 5 MINS | COOK TIME: 15 MINS**

## INGREDIENTS:

### Salad:

1 lb | 450 g  
1 cup | 250 ml  
1/2 cup | 125 ml  
1 tbsp | 15 ml  
1 tbsp | 15 ml  
3/4 cup | 175 ml  
1 cup | 250 ml  
1 cup | 250 ml  
1 cup | 250 ml  
1 can | 68 g  
1/2 cups | 125 ml  
1

Ground Turkey  
long grain rice  
onion, finely chopped  
olive oil  
garlic, finely chopped  
guacamole  
sour cream  
salsa  
cheddar cheese, shredded  
black olives, sliced  
green onions, sliced  
medium tomato, chopped

### Spice Mixture:

1 tsp | 5 ml  
1/2 tsp | 2.5 ml  
1/2 tsp | 2.5 ml  
1 tbsp | 15 ml  
1 tsp | 5 ml

cumin, ground  
coriander seed, ground  
oregano, dried flakes  
paprika  
salt

## DIRECTIONS:

1. For spice mixture, combine all spices in a small bowl. Mix well.
2. Cook rice according to package instructions, adding 1 teaspoon of the spice mixture and then set it aside to cool and chill in refrigerator.
3. In a large skillet over medium-high heat, sauté the ground turkey and onion in olive oil for 5-6 minutes or until meat is no longer pink.
4. Stir in garlic and remaining spice mixture and stir for 2 more minutes. Set aside to cool and chill in the refrigerator.
5. To assemble, in a large bowl or pie plate, layer prepared rice, turkey mixture and then guacamole. Next, add a layer of sour cream, salsa, cheese, olives, onion, and then tomato.
6. Serve cold.



Recipe Courtesy of:  
Manitoba Turkey Producers



# *Hoisin & Peanut Turkey Meatballs*

**SERVES: 4 | PREP TIME: 10 MINS | COOK TIME: 30 MINS**

## **INGREDIENTS:**

### Meatballs:

1 lb   450 g	Ground Turkey
1/4 cup   60 ml	yellow onion, chopped
2 tbsp   30 ml	garlic, minced
1 tsp   5 ml	ginger root, grated
1 medium	egg, beaten
1/3 cup   80 ml	crushed peanuts
to taste	salt and pepper
to serve	jasmine rice
to serve	green onions, chopped
to serve	peanuts, crushed

### Peanut Hoisin Sauce:

1 tbsp   15 ml	sesame oil
1/2 cup   125 ml	hoisin sauce
1/2 cup   125 ml	smooth peanut butter
2 tbsp   30 ml	water
1 tbsp   15 ml	chili garlic sauce (optional)

## **DIRECTIONS:**

### Meatballs:

1. Preheat the oven to 350°F (175°C).
2. In a medium mixing bowl, mix turkey, yellow onion, garlic, ginger, egg, crushed peanuts and salt and pepper.
3. Roll turkey mixture into meatballs, roundly 1-1 1/2-inch meatballs. Place on a parchment lined baking sheet.
4. Bake meatballs for 20 minutes or until the internal temperature reaches 165°F (75°C) with a meat thermometer.
5. Place cooked meatballs on a bed of rice and spoon peanut hoisin sauce over.
6. Top with extra crushed peanuts and chopped green onions.

### Peanut Hoisin Sauce:

1. Heat a small saucepan over medium heat.
2. Mix sesame oil, hoisin sauce, smooth peanut butter, water and garlic chili sauce.
3. Heat and stir until peanut butter has melted and is mixed throughout.

# Best Ever Turkey Chili

**SERVES: 4 | PREP TIME: 10 MINS | COOK TIME: 40 MINS**

## INGREDIENTS:

1 lb   450 g	Ground Turkey
1	onion, chopped
1 clove	garlic, minced
1/2 cup   125 ml	celery, chopped
1 can   796 ml	tomatoes
1 can   156 ml	tomato paste
1 tbsp   15 ml	Worcestershire sauce
1 tbsp   15 ml	chili powder
1 tsp   5 ml	paprika
1 tsp   5 ml	cumin
1 can   540 ml	red kidney beans, drained

## DIRECTIONS:

1. Heat a large non-stick skillet over medium heat.
2. Combine the ground turkey, onion, and garlic and cook for 10 minutes, stirring and separating the turkey as it cooks.
3. Add the celery, tomatoes, tomato paste, Worcestershire sauce, chili powder, paprika and cumin to the turkey mixture. Bring it to a boil.
4. Reduce the heat and simmer for 20-25 minutes, stirring occasionally to break up the tomatoes.
5. Add the beans and cook for 5 more minutes to heat through.
6. Serve warm.



**MAKE CRUNCHY TORTILLA STRIPS AS A FUN AND TASTY SIDE FOR YOUR CHILI: CUT SOFT TORTILLAS INTO THIN STRIPS THEN QUICKLY FRY THE STRIPS WITH 1 TBSP (15 ML) OF OIL ON MEDIUM-HIGH HEAT.**



*Recipe Courtesy of:  
Turkey Farmers of Canada*



# One-Pot Turkey Lasagna

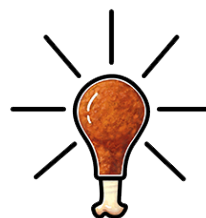
**SERVES: 4 | PREP TIME: 10 MINS | COOK TIME: 25 MINS**

## INGREDIENTS:

1 lbs   250 g	Ground Turkey
1/2 cup   25 ml	yellow onion, diced
1 tsp   5 ml	salt
1/2 tsp   2.5 ml	pepper
1 tsp   5 ml	garlic, minced
1 1/2 cups   375 ml	canned crushed tomatoes
1 tbsp   15 ml	Italian seasoning
2 cups   500 ml	turkey or chicken broth
1 cup   250 ml	water
1/2 box (10 noodles)	lasagna noodles, uncooked, broken into thirds
1 cup   250 ml	spinach, roughly chopped
1 cup   250 ml	mozzarella cheese, shredded
1/4 cup   60 ml	fresh parsley, roughly chopped

## DIRECTIONS:

1. Heat a large skillet or medium pot over medium heat.
2. Add turkey and onions. Cook until no longer pink. Season with salt and pepper.
3. Add garlic, crushed tomatoes and spices and stir to incorporate.
4. Pour in turkey broth and water, cooking for an additional 2 minutes.
5. Add lasagna noodles and mix into sauce. Simmer mixture over medium-high for about 20 minutes or until noodles are al dente.
6. Reduce heat and stir-in spinach. Continue to cook until wilted.
7. Remove from heat and top with cheese and parsley. Serve immediately.



FIND MORE ONE-POT RECIPES AT [THINKTURKEY.CA](https://www.thinkturkey.ca)



# *About Turkey Farmers of Canada*

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Turkey Farmers of Canada (TFC) is a national organization representing Canada's 500+ turkey farmers. Created in 1974 under the federal Farm Products Agencies Act, the Agency encourages cooperation throughout the Canadian turkey industry, promotes the consumption of turkey meat, and oversees the supply management system for turkey in Canada.

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