



GROUND TURKEY CHORIZO

By Dr. Cindy Tanzar
(Standard/Maintenance)

Chorizo is a spicy sausage that is usually made from pork. This very easy recipe uses ground turkey and is loaded with flavor. You can control the amount of heat by reducing or eliminating the crushed red pepper. Enjoy chorizo in a lettuce leaf with tomato, onions, salsa and avocado, in a salad topped with our dairy-free sour cream, or as a breakfast meat sauteed with veggies.

Makes 4 servings. One serving is 1/4 of the mixture. Spices and water add weight so don't try to weigh it.



INGREDIENTS

- 2 Tbsp avocado oil
- 1 lb. ground turkey (dark meat, not white)
- 1 tsp Pink Himalayan salt
- 1 tsp ground black pepper
- 2 Tbsp Ancho Chile powder (in spice aisle)
- 1 tsp oregano, dried
- 1 Tbsp ground cumin
- 1/2-1 tsp crushed red pepper flakes, to taste
- 4 cloves garlic, minced (can use garlic in the jar)
- 2 Tbsp Bragg's Apple Cider Vinegar
- 2-4 Tbsp water, if needed



INSTRUCTIONS

In a small bowl, blend together the salt, pepper, Ancho Chile powder, oregano, cumin and crushed red pepper.

Add the ground turkey to a medium bowl, along with the blended spices, garlic and vinegar and mix well.

Add avocado oil to a large skillet and pan-fry over medium-high heat like you would ground beef – turning down the heat to medium-low after turning. You may need to add water, a tablespoon at a time, if it is too dry. Water will help make it a bit saucy.

For Breakfast Sausage

Make 8 patties and pan-fry in avocado oil over medium-high heat. Do not overcook (3-4 minutes each side), as ground turkey cooks very quickly. One serving is 2 patties.