ground turkey sweet potato skillet

Makes 4 servings

RECIPE FROM: Taste of Home

COOK TIME: 30 minutes

1 lb ground turkey
1 medium onion, chopped
1 shallot, finely chopped
3 garlic cloves, minced
¼ cup tomato paste
1 medium sweet potato, peeled and cubed
1 cup chicken broth
2 tsp smoked paprika
½ tsp salt
¼ tsp pepper
3 cups kale, chopped
dash of crushed red pepper flakes
1 medium ripe avocado, peeled and sliced

IN a large skillet, cook turkey, onion, shallot and garlic over medium heat until turkey is no longer pink and vegetables are tender, about 8-10 minutes, breaking up turkey into crumbles.

DRAIN when done and add meat mixture back to skillet.

ADD tomato paste, cook and stir 1 minute longer.

ADD sweet potato, broth, smoked paprika, salt and pepper.

BRING to a boil; reduce heat. Simmer, covered, until sweet potato is tender, about 10 minutes, stirring occasionally.

ADD kale and red pepper flakes; cook and stir until kale is wilted, about 2 minutes longer.

SERVE with avocado.