

Amazingly Delicious and Healthy Ground Turkey Dinner Ideas



Ground turkey can be an absolutely delicious alternative to ground beef. More lean, ground turkey can be seasoned and added to almost any dish using ground beef. It's incredibly versatile and can be used in any type of cuisine. If you've never used ground turkey before, don't be afraid! Let's dive into some incredible recipes for a healthy dinner tonight!

Southwest Ground Turkey Casserole

These delicious recipes are also incredibly easy to prepare. You'll be amazed at how quickly you can whip up a healthy dinner!

Begin by browning one pound of ground turkey in a large skillet—season with salt and pepper. While the turkey is browning, dice up a yellow onion and a few cloves of garlic and throw it into the pan with the turkey. Once everything has browned a bit, add a can of tomato sauce, a can of drained and rinsed black beans, a can of green chilis, and a can of fire-roasted tomatoes.

Next, add one cup of frozen corn and a packet of taco seasoning and stir. After about five minutes, add one cup of cooked rice and mix with a handful of shredded Mexican cheese.

Place into a casserole dish and spread more shredded Mexican cheese on top. Bake at 350 until warm and bubbly.

Turkey Enchilada Skillet

Weeknight dinners are better when they are one-pot winners. This zesty skillet has everything you'll want in a delicious, cheesy, healthy dinner!

In a large skillet, brown the ground turkey along with diced green pepper, onion, garlic, and a packet of taco seasonings. Once the turkey is cooked, add a can of drained and rinsed black beans, corn, green chilies, and enchilada sauce.

Mix everything together, allow it to cook, and let the flavors blend. Cut five corn tortillas into one-inch slices and add them to the pan with a cup and a half of shredded Mexican cheese. Once the cheese is nice and melty, serve warm and top with sour cream, extra cheese, and freshly sliced avocado.

Ground Turkey and Sweet Potato Skillet

This one-pot meal is packed with veggies and is the perfect weeknight dinner. It can be paired with luscious mashed potatoes or a fresh garden salad.

Begin by prepping your sweet potatoes and veggies. Peel and dice a sweet potato into small chunks to ensure a quick and even cooking. Next, slice fresh brussel sprouts in half and snip the ends of fresh green beans before giving them a thorough wash.

Using a large skillet with some olive oil, brown the ground turkey with a touch of salt and pepper. Then add the vegetables—season with chili powder, paprika, onion powder, garlic powder, and some salt and pepper. Cover with a lid and allow to cook.

Keep the string to ensure nothing sticks to the bottom of the pan. Once finished, serve with your desired side dish for a fast, healthy, one-pot meal.

Wrapping up The Easiest and Tastiest Ground Turkey Dinner Recipes

These tasty dishes are incredibly healthy and whip up on busy nights when you are looking for something simple. Your family won't even be able to tell the difference between ground beef and turkey. It's so moist and delicious!