

# Teriyaki Ground Turkey Bowl

*Recipe makes 6 meals*

## Ingredients

2 lbs 93/7 Lean Ground Turkey

1.5 C White Rice, dry

20 oz Frozen Mixed Veggies

1 C Teriyaki Sauce

2 Tbsp Corn Starch

1 Tbsp Sesame Oil

1/2 Tbsp Garlic Powder

1/2 Tbsp Onion Powder

1 tsp Ground Ginger

1/2 tsp Paprika

Salt and Pepper to taste



## Nutrition Profile

*- per meal -*

Calories - 464

Fat - 12g

Carbohydrates - 53g

Protein - 37g

Estimated Cost  
Per Meal

**\$2.77**

  @zachcoen

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# Instructions

1. In a very large skillet or wok, heat 1 Tbsp of sesame oil over medium-high heat. Once the oil is hot, add in your ground turkey and start browning, breaking it up as it cooks.
2. While your turkey is working, get your rice started using your preferred cooking method.
3. In a small sauce pan, add 1 C teriyaki sauce, 1/2 Tbsp garlic powder, 1/2 Tbsp onion powder, 1 tsp ground ginger, 1/2 tsp paprika, 1/4 cup of water, and 2 Tbsp corn starch. Mix well until the corn starch is completely dissolved. Place sauce pan on the stove and start cooking over medium heat until your sauce starts to thicken.
4. Once your ground turkey is cooked through, reduce the heat to medium, add in your frozen veggies, and your cooked teriyaki sauce. Mix well and continue to cook on medium heat until your veggies are tender.
5. When your veggies reach your desired tenderness, give the turkey a taste, and add salt and pepper to preference.
6. Portion out your cooked rice and add your turkey and veggies on top.
7. Enjoy!



# Notes

- I used a mix of broccoli, carrots, snap peas, and water chestnuts for my veggies. You can use whatever you prefer or have access to.
- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.