




## Mapo Tofu (Turkey)

 4 SERVINGS

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### INGREDIENTS

1 pound Ground Turkey At least 93% lean	1 tablespoon Rice Vinegar
1 Yellow Onion Diced	1/2 tablespoon Chili Garlic Sauce
3 cloves Garlic Minced	1/4 cup Water
1 inch Fresh Ginger Minced	1 tablespoon Corn Starch
2 tablespoons Black Bean Paste	13 1/2 ounces Tofu Cubed
1 tablespoon Lower Sodium Soy Sauce, 6 oz	1 teaspoon Sesame Oil
	1/4 cup Green Onions (Scallions) Chopped

### Method

1. Cook ground turkey until browned.
2. Add onions, garlic and ginger - saute for 5-10 minutes.
3. Add black bean paste, vinegar, shoyu and chili garlic paste.
4. Simmer with lid on over low heat for 10 minutes.
5. Add water + cornstarch mixture. Bring to a simmer and then reduce heat to med-low.
6. Add tofu, sesame oil and cover for 5 minutes.
7. Serve over rice or quinoa.
8. Optional: Saute some chopped cabbage or baby bok choy for vegetable side dish.
9. Optional: Add low sodium shoyu for additional seasoning if desired.

### NUTRITION INFORMATION PER SERVING

Protein 40g	Sodium 779mg
Total Fat 19g	Saturated Fat 3.6g
Carbs 13g	Fruits 0 servings
Calories 371kcal	Vegetables 0.23 servings
Fiber 3.9g	Added Sugar 0g

