

## 3 Quick Cheap Meals with Ground Turkey

### Grocery List:

3lbs Ground Turkey  
12oz Frozen Green Beans  
20oz Stir Fry Veggies  
12oz Frozen Corn  
1lb White Rice  
Taco Seasoning Pack  
Salsa  
Ketchup  
Mustard  
Brown Sugar  
Teriyaki Sauce  
8-12ct Slider Buns  
Potato Chips

### Taco Rice Skillet

1 lb ground turkey  
1 cup uncooked white rice  
1 packet taco seasoning  
1 cup frozen corn  
1 cup salsa  
2 cups water or chicken broth  
1 1/2 cups shredded cheddar cheese

1. In a large skillet, brown the ground turkey until fully cooked.
2. Stir in the rice, taco seasoning, salsa, frozen corn, and broth.
3. Bring to a boil, then reduce heat to low. Cover and simmer for 18-20 minutes until the rice is cooked.
4. Remove from heat, sprinkle cheese on top, cover for 2 minutes to melt.

### Sloppy Joe Sliders

1 lb ground turkey  
1/2 cup ketchup  
1 tbsp mustard  
2 tbsp brown sugar  
8-12 slider buns  
Potato Chips  
12oz frozen green beans

1. Brown the ground turkey in a skillet and drain excess grease if needed.
2. Stir in ketchup, mustard, and brown sugar. Simmer for 5-8 minutes until thickened.
3. Spoon mixture onto slider buns.
4. Serve warm with chips and steamed green beans!

### Ground Turkey & Veggie Stir Fry

1 lb ground turkey  
1 bag (12-16 oz) frozen stir fry veggies  
1/3 cup teriyaki or stir fry sauce  
3 cups cooked rice (1 cup rice & 2 cups water)

1. Cook the ground turkey in a large skillet until no longer pink.
2. Add the frozen vegetables and cook for about 5-7 minutes until heated through.
3. Stir in teriyaki sauce and cook for another 2 minutes to warm through.
4. Serve over rice

**Total:**

**\$26.87**

(Total may vary  
by location)

@lowdoughfamily