

SEABRA'S

MARKET

TURKEY ASPARAGUS SKILLET

SERVES: 4

PREP TIME: 00 hr 10 min

COOK TIME: 00 hr 20 min

INGREDIENTS

- 1 lb. ground turkey
- 1 lb. frozen mixed vegetables
- 2 tsp. garlic powder
- 2 tsp. onion powder
- 2 tsp. dried parsley
- Salt and pepper (to taste after cooking)
- 2 tbsp. oil



DIRECTIONS

Begin by heating the oil in a large skillet.

Following this, add in the meat and stir to scramble while cooking until it becomes brown.

Now, add in the spices and frozen mixed vegetables making sure to cook until the meat is cooked through.

Enjoy

FOR A PINCH OF *Seabra's* FLAVOR...

We recommend serving this dish over some pasta or brown rice!