



FIRECRACKER GROUND TURKEY

INGREDIENTS

- 1½ lbs ground turkey
- ½ tsp garlic powder
- ¼ tsp kosher salt
- fresh ground pepper, to taste
- 1 small bunch green onions, chopped
- (optional) 2 cups frozen or fresh broccoli or veggies of your choice

For the Sauce:

- 1/3 C buffalo sauce, like Frank's Red Hot
- ½ C unsweetened apple sauce
- ¼ C brown sugar or coconut sugar
- 1 T apple cider vinegar or rice wine vinegar
- 1 tsp cornstarch
- (optional) add in ¼-½ tsp of red pepper flakes if you want some extra spice!



INSTRUCTIONS

1. Heat cooking spray in a large skillet over medium, high heat.
2. Mix meat around with your hands, forming small pieces. Place those pieces in your skillet. Season meat with garlic powder, salt, and pepper. Cook, stirring occasionally, until browned and no longer pink in the middle, about 5-7 minutes.
3. While meat is cooking, mix together sauce ingredients and chop green onions. Set aside.
4. When meat is no longer pink, add in sauce and half of the green onions. Bring to a boil, then simmer until sauce has thickened and coated the meat, about 5 minutes. Add in a splash or two of water if the sauce gets too thick.
5. In the last few minutes of cooking, add in your frozen veggies and cook until just defrosted, about 3-4 minutes. If using fresh veggies, you may need to add them in earlier in the process to ensure that they cook through.
6. Garnish with remaining green onions.