

Joel's Low Sodium Turkey Tacos



Ingredients:

- 1 lb ground turkey or beef (LEAN beef)
- 1 8 oz can of no salt added Tomato Sauce
- 1/2 onion diced
- Garlic to taste
- Mrs. Dash Southwest Chipotle Seasoning to taste(if you like it spicy, dump it in!!)

Directions:

Step 1: Brown turkey

Step 2: Add the rest of the ingredients

Step 3: Put that on a CORN tortilla (also the best for you sodium wise...flour tortillas are high in sodium)

Step 4: Top with some swiss cheese and tomatoes and maybe a little salsa (look for low sodium varieties....Frog Ranch is a good brand that has only 40 mg per serving). Yum yum!!

Thanks to Joel for this Low Sodium Recipe!
Send me the recipe for your favorite healthy dish ... amy@withamymac.com

Graphic used is not actual recipe – Mine tasted great but weren't that photogenic!