

Breakfast Taco Nachos

13 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 415. Slice tortillas into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes. Remove from oven.
2. Meanwhile, heat a skillet over medium heat. Add olive oil. Add the ground turkey and saute to cook through. Break up the meat as it is cooking. Once it is cooked through add the chili powder, oregano, cumin, black pepper and sea salt. Add the water and saute for another minute as you mix well. Reduce heat to the lowest setting and let simmer while you prepare the rest or until all water has been absorbed.
3. Fry your eggs and set aside.
4. Divide tortilla chips into bowls and top with diced green pepper, tomato, avocado, turkey and fried egg. Enjoy!

Notes

Vegans

Use quinoa or lentils instead of ground meat and omit the fried egg.

Optional Toppings

Add or replace with other toppings such as crumbled feta, organic salsa, red onion, greek yogurt, red pepper flakes or green onion.

Ingredients

- 6 Brown Rice Tortillas (thawed)
- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1 **lb** Extra Lean Ground Turkey
- 1 **tbsp** Chili Powder
- 1 **tsp** Oregano
- 1 **tsp** Cumin
- 1 **tsp** Black Pepper
- 1 **tsp** Sea Salt
- 1/2 **cup** Water
- 4 Egg (fried)
- 1 Green Bell Pepper (diced)
- 1 Tomato (diced)
- 1 Avocado (diced)