



French Onion Turkey Skillet



1/4 of recipe (about 1 1/4 cups): 290 calories, 9.5g total fat (4.5g sat. fat), 730mg sodium, 17.5g carbs, 4g fiber, 6.5g sugars, 35g protein

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Prep: 10 minutes **Cook:** 35 minutes



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Ingredients

- 1 1/2 cups chopped onion
- 1 1/2 cups chopped mushrooms
- 1 lb. raw extra-lean ground turkey (at least 98% lean)
- One 1-oz. packet (about 1/4 cup) [onion soup mix](#), divided
- 3 cups frozen riced cauliflower
- 1/2 cup whipped cream cheese, room temperature
- 4 slices thin-sliced Swiss cheese, torn into pieces
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder

Directions

Bring a skillet sprayed with nonstick spray to medium-high heat. Add onion, and cook and stir for 5 minutes. Reduce heat to medium low. Cook and stir for 10 minutes, adding small amounts of water as needed to prevent sticking.

Return heat to medium high. Add mushrooms. Cook and stir until mushrooms have browned and onions have caramelized, about 5 minutes.

Add turkey and half (about 2 tbsp.) of the onion soup mix. Cook and crumble until browned, about 5 minutes.

Add cauliflower and remaining onion soup mix. Cook and stir until hot, about 4 minutes, adding small amounts of water as needed to hydrate the soup mix and prevent sticking.

Remove skillet from heat. Add cream cheese, Swiss cheese pieces, garlic powder, and onion powder. Mix thoroughly until Swiss cheese melts, about 3 minutes.

MAKES 4 SERVINGS

HG FYI: Not all onion soup mixes are gluten free, so read labels carefully if that's a concern.

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