

# Turkey stir-fry

This stir-fry uses turkey instead of the usual chicken or beef. Try adding any vegetables you have on hand.



**PREP TIME**  
20 min



**COOK TIME**  
25 min



**SERVINGS**  
4

## Ingredients

- 30 mL (2 tbsp) canola oil, divided
- 500 g (1 lb) ground turkey
- Pinch ground cumin
- 1 carrot, thinly sliced
- 1 onion, thinly sliced
- Pinch cayenne
- ¼ head cabbage, shredded
- 2 cloves garlic, chopped
- 10 mL (2 tsp) low sodium soy sauce
- 15 mL (1 tbsp) ketchup
- 125 mL (½ cup) frozen green beans
- 125 mL (½ cup) frozen corn
- Salt and pepper to taste

## Directions

1. In a large pan, heat 15 mL (1 tbsp) oil over medium heat. Add the turkey and cumin and cook for 6 to 8 minutes, stirring to break up the meat as it browns. Use a **digital food thermometer** to check that the turkey has reached an internal temperature of 74 °C (165 °F). Set turkey aside in a plate.
2. Add the remaining oil, carrot and onion. Cook for 2 minutes.
3. Add the cayenne, cabbage and garlic and continue to cook for 5 minutes or until soft.
4. Add the soy sauce, ketchup, green beans, and corn and return the cooked turkey to the pan. Stir well. Cook for 5 minutes.

## Tips

- ✓ Experiment with different vegetable combinations by using your favorite fresh or frozen ones.
- ✓ Switch up ground turkey for ground chicken and serve over whole grain pasta.
- ✓ Looking for a vegetarian option? Substitute diced firm tofu for turkey for a vegetarian delight.
- ✓ Store leftover stir-fry for up to 3 days in the refrigerator.
- ✓ Remember, a little salt goes a long way. Taste the food before adding any salt.

Recipe developed by Indigenous Chef David Wolfman for PHAC and Health Canada.  
For more recipes by Chef Wolfman, see [Nutrition North Canada](#).



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