



## Asian Turkey Lettuce Wraps

I created this dish one day after a long mountain walk with my dog. When we got home, I was starving—and in the mood for something Asian. I almost stopped for sushi but decided to head home and see what I could throw together with what I had in the fridge. This dish came together fast, and it totally hit the spot.

Now, whenever I want something with bold Asian flavors—without the MSG, processed sauces, or takeout regret—I make this recipe. Even with a little chopping, it's easy to make, quick to cook, and full of nourishing, real-food ingredients.

It's flavorful, satisfying, and makes enough to serve four. Bonus: any leftover turkey mix stores well in the fridge or freezer, so you've got options for round two.

And for my plant-based eaters, be sure to check out the *Tofu Lettuce Wraps* recipe on the site—it's just as delicious and just as easy. Or, watch the YouTube demo [HERE](#).

### Ingredients

- 1 lb ground turkey
- ¼ cup of vegetable broth
- 1 tbsp almond butter (with no added sugar)
- 1 cup mushroom caps, diced
- 1 jalapeno pepper, diced
- ½ red onion, diced
- 2 garlic cloves, diced
- 2 tbsp fresh ginger, minced
- 1 8 oz can water chestnuts, drained and diced
- 1 tbsp rice vinegar
- ¼ cup Bragg Liquid Aminos + more for serving
- 1 tbsp no added sugar Sriracha + more for serving
- Romaine lettuce leaves, organic, washed
- Green onion, sliced (optional)
- Cilantro, chopped (optional)

### Instructions

1. In a large fry pan, heat the vegetable broth (instead of oil) then add the jalapeno pepper, red onion, garlic and ginger over medium heat for about 10 minutes till the veggies are limp.
2. Add the ground turkey and cook until it's cooked through. About 7-10 minutes.

3. Stir in the almond butter till its somewhat melted and well combined. Add mushrooms and water chestnuts and stir. Let it cook a couple minutes.
4. Add the rice vinegar and Liquid Aminos then stir well. Cook for another 5 minutes and viola, it's done!
5. To serve, load the turkey mixture onto your lettuce leaves and if you like, top with green onion, cilantro, a drizzle more of the liquid aminos and a squeeze of Sriracha.

Cooks Note: If you've never heard of Bragg Liquid Aminos, let me introduce it to you. It is a non-GMO soy protein seasoning and can be used as a soy sauce alternative. It has 1 gram of protein for each tsp, and contains 16 different amino acids (essential and non-essential). If you are using this product, you won't need to add salt, as like it's cousin – soy sauce – it's got a salty flavor (and contains 310 mg per tsp. It's not organic though – so if you are going 100% organic, you could also substitute with organic Coconut Aminos, which is easy to find just about anywhere including Trader Joe's (and it contains less sodium at 200 mg per tsp).

Bon Appetit!