

Recipe Review: Turkey Taco Skillet

BY ERIKA SOUKUP

PREP TIME: 5 mins

COOK TIME: 12 mins

TOTAL TIME: 17 mins

SERVINGS: 4 (1.5 cups each)

TACO SEASONING*

- 1 Tbsp chili powder (\$0.30)
- 1 tsp smoked paprika (\$0.10)
- 1 tsp ground cumin (\$0.10)
- 1/4 tsp cayenne pepper (optional) (\$0.02)
- 1/2 tsp dried oregano (\$0.03) 1/2 tsp salt (\$0.01)
- 1/4 tsp freshly cracked black pepper (\$0.02)

TACO SKILLET

- 1 Tbsp cooking oil (\$0.08)
- 1 lb. ground turkey (\$3.99)
- 1 yellow onion (\$0.32)
- 1 10oz. can diced tomatoes with green chiles (\$0.45)
- 1 15oz. can black beans (\$0.48)
- 1 cup frozen corn (\$0.35)
- 1/2 bunch green onions (\$0.45)

INSTRUCTIONS

1. Combine the spices for the homemade taco seasoning, then set the seasoning aside.
2. Add the cooking oil and ground turkey to a large skillet. Begin to cook the turkey over medium heat, breaking it up into pieces as it cooks.
3. While the turkey is cooking, dice the onion. Add the onion to the skillet with the turkey and continue to stir and cook until the onions are soft. Add the prepared taco seasoning, then continue to stir and cook for 1-2 minutes more.
4. Drain the black beans then add them to the skillet with the diced tomatoes (with juices) and frozen corn (no need to thaw). Stir the ingredients in the skillet to combine, then heat through over medium.
5. While the mixture is heating, slice the green onions. Stir the green onions into the skillet just before serving.

FIRST AND FOREMOST, the addition of prices for each item is amazing especially for us poor college students. It's a great price for the amount of food you get. The recipe covered at least 5 nights of meals with a great range. You can eat the skillet by itself, with tortillas, and tortilla chips (there are probably other ways to eat it, too, so experiment!). I substituted the ground turkey with ground beef but the rest of the ingredients were pretty easy to find, except for some of the spices. I also suggest adding as much spices as you want, since there can never really be too much spice. The time took me a bit longer than expected, but that's because the recipe was unfamiliar and it took a while to set up all the ingredients. Overall, this is a very successful recipe and I highly recommend trying it out!

Senior Spotlight: Jolie Dirksen

BY DAVINA BELLINGER

JOLIE DIRKSEN IS AN Arts Studio major here at Concordia, and she will be having her senior art show on October 15 to November 11th at the H. Williams Teaching Gallery, which is located in Concordia's arts building. Her art show theme is expressionism, natural expressions and body language with people. The medium of choice is photography, and she uses inkjet printer semi-glass photos.

Dirksen's main purpose of producing this show is to have the experience in setting up a gallery walk through, and it is also a graduation requirement in order to finish her major. Besides the requirement in completing credits for her major, Dirksen hopes to bring a smile to people's faces when they enter the room.

Dirksen said, "I want to be able to capture the candor in people's faces along with their body languages." Jolie has captured these moments within the certain people in her life. There are a lot of smiles within peoples expressions, including one person coming out from under the water of a pool. Her photos have a wide variety of different colors within the color spectrum, the pieces can go from black and white to full colors with high resolution for each photograph.

Jolie started working on her project for this event over the summer going into the school year. A challenge that Dirksen went through was the framing process where dust would somehow be on frame sides. While there were some conflicts in the process of creating these pieces, Jolie claims that her pieces are complete and full to her original intentions in showing meaning through her pieces.

One of Jolie Dirksen's favorite pieces is one that features her sister; her expression being a bored or pissed off look. Jolie said, "The photo of my sister is 110% natural and I know she is not going to like it, which makes it the best piece in the whole show." Dirksen expresses this remark because of her family connection and the chance to show how proud she is of having a sister who means the world to her.

There are over about 11 photographs of each person with either the same expressions or different expressions and movements throughout the whole art show. Jolie Dirksen is excited for people coming to her show and to see the best reactions for one of her biggest projects involving artwork during COVID-19 times. The art show definitely captures the artist's life with her friends and family along with being able to see who people are to the artist.



Photo Credit: Davina Bellinger



Artwork by Jolie Dirksen