

Ground Turkey Stuffed Peppers

Servings: 6

Diet: Gluten-Free

Ingredients

- 1 tablespoon oil, plus more for baking dish
- 6 bell peppers, halved and seeded
- 1 medium onion, chopped
- 1 pound ground turkey, 99% lean
- 1 jalapeno pepper, seeded and chopped
- 3 cloves garlic, minced
- 1 cup brown rice, cooked
- 1 (14 ounce) can diced tomatoes, no salt added
- 1 (15 ounce) can black beans, no salt added, drained and rinsed
- 2 tablespoons taco seasoning
- ½ cup low fat shredded cheddar cheese
- ¼ cup cilantro, chopped

Instructions

STEP 1: Preheat the oven to 350°F. Heat oil in a large skillet over medium-high heat. Add the onion, turkey, jalapeno and garlic, breaking up the turkey with a spoon. Cook until turkey is browned, about 6 minutes. Stir in the rice, tomatoes, black beans and taco seasoning, and cook until heated through. Turn off the heat.

STEP 2: Arrange peppers cut side up in a lightly oiled baking dish. Spoon turkey mixture into each pepper. Cover the baking dish with foil and bake for 30 minutes.

STEP 3: Remove from oven. Sprinkle the peppers with cheese and bake uncovered until cheese is melted and peppers are tender, about 15-20 minutes. To serve, sprinkle with cilantro.



- **Did you know?** Bell peppers are low in calories and are a good source of vitamin C, vitamin A and fiber.
- **Try this!** Make your own taco seasoning: 1 tablespoon each of the following: chili powder, paprika, cumin, onion powder, garlic powder and dried oregano plus ½ tablespoon black pepper.



Per Serving: 280 Calories | 35g Carbs | 8g Sugar | 9g Fiber | 4.5g Fat (1g Sat Fat) | 27g Protein | 330mg Sodium

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