# Turkey Stuffed Peppers

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*Zesty ground turkey and vegetables stuffed in a tender bell pepper.*



**Yield:** 6 servings

**Ingredients:**

1 lb. 93% lean ground turkey

2 garlic cloves, minced

1/4 onion, minced

¾ cup black beans, rinsed and drained

½ cup mushrooms, diced

1/4 cup tomato sauce

1 tsp paprika

½ tsp dried thyme

½ cup frozen corn

3 large red or yellow bell peppers

2 Tbsp olive oil

Pinch of salt and pepper

2 Tbsp fresh basil, chopped

2 Tbsp fresh cilantro, chopped

**Method of Preparation:**

1. Preheat oven to 375 degrees Fahrenheit.
2. In a sauté pan brown the turkey.
3. When the turkey is browned, add garlic, onion, black beans, mushrooms, tomato sauce, paprika, and dried thyme. Cook covered for 15 minutes, and stir occasionally.
4. Add corn and cook uncovered for an additional 2-3 minutes or until all the liquid starts to evaporate.
5. Cut peppers in half lengthwise, removing the seeds.
6. Drizzle olive oil over peppers, and fill each with 1/2 cup turkey mixture, placing filling side up on a baking sheet.
7. Cover with foil. Bake for about 40 minutes or until the peppers become tender.
8. Finish with salt and pepper and garnish with chopped basil and cilantro.

**Nutritional Analysis:** Per serving

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Calories: | 221 kcal | Fiber: | 3 g |  Sugars: | 1 g |
| Total Fat: | 3 g | Cholesterol: | 61 mg | Sodium: | 248 mg |
| Saturated Fat: | 1 g |  |  |  |  |
| Protein: | 18 g  |  |  |
| Carbohydrates: | 19 g |  |  |  |  |
|  |  |  |  |  |  |