

RECIPE



TURKEY STUFFED BELL PEPPERS

INGREDIENTS:

2	tsp	olive oil
4		sweet bell peppers (red, yellow and orange are the best)
1 1/2	lb	ground turkey
2	tbsp	tomato paste
1	large	yellow onion, finely chopped
2	large	garlic cloves, minced
1	tsp	ground cumin
1/4	tsp	paprika
1	tsp	dried parsley flakes
1/2	tsp	dried oregano
1/2	tsp	dried basil
1/2	tsp	kosher salt
1/4	tsp	freshly ground black pepper
2	large	plum tomatoes, chopped
1/2	cup	chicken broth
1/3	cup	seasoned breadcrumbs
1 1/2	cups	shredded cheddar and Monterey Jack cheese

DIRECTIONS:

Preheat oven to 350 degrees.

Cut the bell peppers in half (from top to bottom) and remove the seeds and ribs. Place the halves in a large baking dish

In a large high-sided skillet, heat the olive oil over medium-high heat. Cook the turkey breaking it up with a flat head wooden spoon until it is just cooked through and the meat is no longer pink. Add in the tomato paste and combine with the turkey until it is all melted into the meat. Then add in the onions, garlic, tomatoes, cumin, paprika, dried parsley, dried basil, dried oregano and salt and pepper. Continue to cook until the onions and tomatoes are softened, about 5 minutes.

Add in the 1/2 cup of chicken broth and stir to combine. Then sprinkle in the breadcrumbs and stir to combine the mixture. You will see that it thickens up a little and comes together.

Spoon the mixture into each of the pepper halves, making sure to fill each half up. Cover with aluminum foil and bake in the oven for 30 minutes. Take out and sprinkle each half with the shredded cheese. Leave uncovered and place back into the oven for another 10 minutes, until all the cheese is melted.

Serve hot.

Serves: 4


