

# TURKEY AND RICE STUFFED PEPPERS

SERVES 6

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- 6 medium sweet bell peppers, washed*
- 2 Tablespoons unrefined olive oil + additional for greasing the peppers*
- 1 pound ground turkey*
- 1 clove garlic, minced*
- ½ onion, minced (can be done in a food processor with the “pulse” button)*
- 1 Tablespoon chopped fresh parsley*
- 1 teaspoon garlic powder*
- 1 teaspoon dried oregano*
- 1 ½ teaspoons sea salt*
- freshly ground black pepper to taste*
- 1 cup chicken or vegetable stock, divided*
- ¼ cup marinara or tomato sauce*
- 1 ½ cups **cooked** rice (I use brown rice)*

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1. Preheat oven to 400 degrees. Trim the tops off the bell peppers, just enough to remove the stem. If you want, dice up any pepper that you removed with the stem. Scoop out and discard the seeds. Rub the outside of the peppers with a little olive oil. Place cut side up in a baking dish and bake in the oven for 15-20 minutes.
2. Warm olive oil in a large skillet over medium heat. Add onion, garlic and parsley to the pan. You can also add any pepper bits you may have diced. Sauté about 2 minutes and add ground turkey, garlic powder, oregano, salt and pepper. Break up the turkey into small pieces with a wooden spoon and sauté until turkey is almost cooked through.
3. Add tomato sauce and ½ cup stock. Simmer on low for 5 minutes until just cooked through. Add cooked rice to turkey mixture and combine well.
4. Spoon turkey mixture into each pepper and fill to the top. Place the stuffed peppers in the baking dish and add ½ cup stock to the bottom of the pan. Cover with aluminum foil and bake for 35 minutes until peppers are nice and soft and the turkey mixture is heated through.

Notes: You can add a little shredded mozzarella on top and broil until melted, if you like.