

Ground Turkey Stuffed Peppers

- 1 lb. ground turkey (white or dark)
- 2 teaspoons extra-virgin olive oil
- ½ cup onions — diced
- 3 cloves garlic — minced
- ½ cup tomato sauce (no sugar added)
- 1 cup green beans — diced
- Himalayan sea salt and fresh ground black pepper
- 2 big bell peppers cut in half
- Fresh parsley for garnishing



1. Preheat oven to 350F.
2. In a skillet, heat olive oil over medium-high heat. Add onions, and garlic. Cook until the onions are translucent.
3. Add the ground turkey and cook until the meat is not pink anymore. Make sure to break apart the meat with a wooden spoon as it cooks.
4. Add homemade tomato sauce, green beans, salt, and pepper. Cook for more 3-5 minutes.
5. Arrange the peppers in a greased baking dish, cavity side facing up. Fill each bell pepper halves with the ground turkey-green beans mix.
6. Bake uncovered for about 30 minutes, or until the peppers are cooked and soft. Remove from the oven and garnish with parsley.

Makes 2 servings

Serving Size = 2 halves stuffed peppers