



Stuffed Bell Peppers



prep time
15 minutes



total time
4 hr, 15 min



servings
6

Ingredients

- 1 lb/450 grams ground turkey
~ 12.5 protein servings
- 6 large bell peppers (red, orange, or yellow have best flavor)
~ 6 veggie servings
- 1/2 cup onions minced finely
~ 1 veggie serving
- 1 tablespoon garlic minced finely
- 1 cup diced zucchini and/or squash (squeeze out the water)
~ 1 serving of veggies
- 1 cup cooked rice ~ 2 servings of carb
- 2 cups tomato sauce (leave 6 tablespoons off to the side!)
~ 2 servings of veggies
- 1 tablespoon olive oil ~ 1 serving of fat
- 3 tablespoons fresh basil chopped finely
- 2 tablespoons fresh parsley chopped finely
- 1/2 teaspoon pepper
- 1/2 teaspoon salt

simple meal prep

Instructions

- 1 In a large pan, heat olive oil. Sauté turkey for 5-10 minutes.
- 2 While the turkey is cooking, slice the tops of the peppers off and remove the seeds.
- 3 Stir in onion, garlic and zucchini mixture with turkey. *Make sure to leave the rice off to the side*
- 4 Sauté until veggies are soft. When everything is cooked, turn off the heat. Stir in cooked rice, tomato sauce and spices.
- 5 Stuff the peppers with the mixture and top each pepper with remaining tablespoon of tomato sauce. You can use a spoon or your hands to fill the peppers and press the mixture down to fit all of it inside.



For oven cooking:

- 6 Place peppers in a 9x13 oven safe dish and cover with foil. Bake at 375 for about 35-40 minutes until peppers are easily pierced with a fork. Make sure to cover the peppers with foil.

For crockpot cooking:

- Add peppers to crockpot and 1/4 cup water in the base. Cook the peppers on low for 4-6 hours.

Whole Recipe Breakdown:

- 12.5 Servings Protein
- 2 Servings Carb
- 1 Serving Fat
- 10 Servings Veggies

