



# Southwestern

# STUFFED PEPPERS

## Ingredients

- 6 bell peppers
- 1 shallot, diced
- ½ cup dry rice or quinoa (1 cup cooked)
- 1 lb. ground turkey
- 15 oz. canned black beans
- 15 oz. canned corn
- 28 oz. canned diced tomatoes
- 1 cup shredded Mexican-cheese blend
- ¼ cup fresh cilantro, chopped
- 1 T. olive oil
- 1 T. minced garlic
- 2 tsp. cumin
- 2 tsp. chili powder
- ½ tsp. paprika
- ½ tsp. oregano
- ½ tsp. garlic powder
- Salt and pepper, to taste

### Optional toppings:

- Avocado
- Salsa
- Sour cream/plain Greek yogurt

## Directions

1. Preheat oven to 375 degrees
2. Cook quinoa or rice according to package
3. Cut out seeds and stem from top of pepper with paring knife
4. Drizzle peppers with olive oil and salt and pepper and bake in oven for 15 minutes
5. Heat 1 Tbsp. of olive oil in skillet on medium heat
6. Add shallot and minced garlic to skillet and cook until softened
7. Add ground turkey and all seasonings to pan and mix until ground turkey is cooked through
8. Add corn, black beans, and diced tomatoes to pan
9. Remove from heat and add cooked rice/quinoa and cilantro to skillet
10. Fill peppers and bake for 20 minutes
11. Add cheese and return to oven until cheese is melted (about 5 minutes)