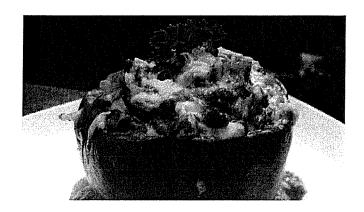
STUFFED BELL PEPPERS



Ingredients:

4 green peppers (cleaned with seeds and tops removed)

1 T extra virgin olive oil

1/3 c onion (chopped fine)

3 garlic cloves (small to medium sized, minced)

½ c green onion (chopped fine)

2 T green peppers (minced)

1 lb ground turkey

0.5 (14 ½ ounce) can diced tomatoes (¼ c of liquid reserved)

1 T parsley

1 ½ t Italian seasoning

1 t seasoning salt or 1 t seasoning blend

¼ c pizza sauce

1/4 c shredded mozzarella cheese

1/4 c shredded Monterey-Jack cheese

Directions:

- 1. Pre-heat oven to 375 degrees.
- 2. Saute onion and garlic in olive oil until onion softens.
- 3. Add green onions, minced green pepper and saute for about 5 minutes.
- 4. Set onion, garlic and green pepper mixture aside.
- 5. Brown ground turkey and cook through.
- 6. Add onion, garlic, and green pepper mixture. Also, add diced tomatoes, parsley, Italian seasoning, and season salt/blend.
- 7. Mix well and cook another 5 minutes.
- 8. Stuff mixture inside hollow green peppers.
- 9. Pour reserved tomato liquid in a baking dish and place peppers in dish.
- 10. Top each stuffed pepper with about a tablespoon of pizza sauce.
- 11. Sprinkle with shredded cheese & parsley
- 12. Cook for 20 minutes.