

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)
- ¼ 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
- ¼ c shredded mozzarella cheese
- ¼ 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.