

Stuffed Peppers

Prep Time: 10 Minutes Cook Time: 45 Minutes

Serves: 8

Ingredients:

- 4 medium bell peppers
- 2 teaspoons oil
- 1 cup onion, chopped
- 8 oz ground turkey (optional)
- 1 clove garlic
- 2 teaspoon cumin
- 2 teaspoon chili powder
- 1 cup black beans
- 1 cup salsa
- 1 cup brown rice, cooked
- ½ cup shredded cheese



Directions:

- Cut bell peppers in half and place sliced peppers, cut side down into the pan.
- Add ½ cup of water to the bottom of the pan, cook the peppers in the oven at 425 until tender.
- Heat oil in a skillet and cook onion until translucent.
- Add turkey and seasoning.
- Once the meat is browned, add the black beans, salsa, and brown rice.
- Spoon mixture evenly into each pepper half.
- Cover the peppers with aluminum foil and bake for 30 minutes. Uncover and add shredded cheese and bake for another 5 minutes.
- Top with scallions or cilantro, if desired.

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