



STUFFED BELL PEPPERS

From the Kitchen of DBC Taylor

INGREDIENTS:

- 1 lb. Ground turkey
- 1 c. Shredded cheese
- 4 Bell peppers, halved lengthwise
- 1 Medium tomato, chopped
- 2 c. Cooked brown rice or quinoa
- ½ Yellow onion, chopped
- 1 T. Cumin
- 1 T. Chili powder
- 1 t. Garlic powder
- 1 t. Paprika
- Salt and pepper, to taste
- 1-2 T. Olive oil, for cooking

DIRECTIONS:

1. Preheat oven to 350°F.
2. Cut peppers in half and remove seeds and stems.
3. In skillet, add oil on medium heat and cook the turkey, onion, salt and pepper until it is browned.
4. Stir in rice and the rest of the ingredients.
5. Spoon turkey filling into the peppers and bake for 25-30 minutes.
(The longer you bake, the softer the peppers. I prefer mine softer!)
6. Remove from oven and top with cheese and more spices if you like!