



BBQ Turkey Stuffed Peppers

30 minutes or Less

Dairy Free - Gluten Free

Ingredients

Servings: 6

Prep Time: 10 minutes

Cook Time: 20 minutes

- 3/4 lb. **ground turkey**
- 1 **onion**, chopped
- 1 **bell pepper**, chopped
- 1, 14 1/2 oz. can **diced tomatoes**
- 1 1/2 cups can **black beans**
- 1/2 cup **BBQ sauce**
- 1 tsp. **garlic powder**
- 3 **bell peppers** (red, green, or yellow bell peppers)

Directions

1. Brown ground turkey in a skillet over medium-High heat until the meat is no longer pink. Drain the excess fat.
2. Add onion and cook until tender, about 5 minutes.
3. Add the bell pepper, diced tomatoes, black beans, BBQ sauce, and garlic powder. Simmer for 10 minutes.
4. Cut the whole bell peppers in half lengthwise and remove the seeds. Place in a microwave safe dish with a small amount of water.
5. Microwave the bell peppers on High for about 5 minutes, until tender.
6. Place peppers on a large plate and spoon turkey mixture into bell pepper shells.

Recipe adapted from eatfresh.org