

SKINNY STUFFED PEPPERS



INGREDIENTS:

- 1.5 lbs lean ground turkey
- 3 cloves garlic, chopped or 2 Tbsp pre diced garlic
- 1/2 cup onion, diced
- 2 Tbsp herb of choice
- 1 tsp garlic powder
- 6 large bell peppers
- 1 cup fat free chicken broth
- 1/3 cup tomato sauce (no sugar added)
- 1 1/2 cups cooked brown or white rice

DIRECTIONS:

1. Heat oven to 400°F
2. Saute onion, garlic, and herbs for about 1-2 minutes
3. Add turkey to pan and brown until cooked through.
4. Add tomato sauce and 1/2 cup of chicken broth, simmer on low for 10 minutes.
5. Add rice to the mixture and set aside
6. Cut tops of bell peppers and remove seeds.
7. Spoon the turkey and rice mixture evenly into the 6 peppers and place them in a baking dish
8. Pour the remaining 1/2 cup of broth onto bottom of the baking dish and cover with foil
9. Bake for 30-45 minutes.
10. Allow to cool

Enjoy!

Makes 6 Servings

Calories: 221 | Protein: 18 gm | Carbs: 19 gm | Fat: 3gm