



Unstuffed Peppers

4 servings
45 minutes

Ingredients

- 2 tsps Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 2 tsps Taco Seasoning
- 1 Yellow Onion (small, diced)
- 2 Red Bell Pepper (large, chopped)
- 1/2 cup Basmati Rice (dry, rinsed)
- 1 3/4 cups Diced Tomatoes (from the can, with the juices)
- 1 1/2 cups Beef Broth
- Sea Salt & Black Pepper (to taste)
- 4 ozs Cheddar Cheese (shredded)

Directions

- 1 Heat the oil in a large pan over medium heat. Add the ground turkey, breaking it up as it cooks. Mix in the taco seasoning and cook for seven to eight minutes or until cooked through.
- 2 Add the onions and sauté for two to three minutes. Stir in the bell peppers and sauté for another two to three minutes.
- 3 Stir in the rice, tomatoes, and broth. Bring to a boil, then simmer partially covered for 15 to 20 minutes or until most of the liquid has been absorbed and the rice is cooked. Stir occasionally to prevent sticking.
- 4 Divide into bowls. Season with salt and pepper and top with shredded cheese. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups.

Additional Toppings: Fresh herbs, hot sauce, and/or sour cream.

No Ground Turkey: Use ground beef, pork, or chicken.

Dairy-Free: Use a dairy-free cheese alternative or omit.

No Beef Broth: Use vegetable or chicken broth.