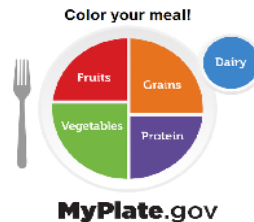


BBQ TURKEY STUFFED PEPPERS

Serving size: 1/2 pepper

Number of servings: 6



Ingredients

- 1 large onion, *peeled & chopped*
- 1 green bell pepper, *seeded & chopped*
- 3 bell peppers, *any color*
- 1.5 c black beans, *low-sodium, drained & rinsed*
- 14.5 oz diced tomatoes, *canned, no salt added*

- 3/4 lb lean ground turkey
- 1/2 c barbecue sauce
- 1 tsp garlic powder
- 1 tsp liquid smoke, *optional*

Directions

1. Brown ground turkey in a skillet over medium-high heat until no longer pink; drain excess fat.
2. Add onion and cook until tender, about 5 minutes.
3. Add all remaining ingredients except the whole bell peppers; simmer for 10 minutes over medium heat.
4. Cut bell peppers in half lengthwise and remove seeds Place in a microwave safe dish with a small amount of water.
5. Cover and microwave bell peppers on high until crisp-tender, about 5 minutes.
6. Remove peppers from dish and place on a large plate. Spoon turkey mixture into bell peppers and serve.

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
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