

# Turkey & Quinoa Stuffed Peppers

Yield: 6

Prep Time: 20 minutes

Cook Time: 25 minutes

## Ingredients:

- 1 1/2 cups cooked quinoa
- 1 tablespoon extra-virgin olive oil
- 1-pound lean ground turkey
- 1 yellow onion diced
- 3 large cloves garlic (minced)
- 1 tablespoon chili powder
- 2 teaspoon oregano
- 2 teaspoon cumin
- 2 teaspoons paprika
- 28 ounce can crushed tomatoes
- 3 extra-large bell peppers (cored and seeded)
- 1 cup shredded jack cheese

## Instructions:

1. Preheat oven to 400 degrees F.
2. In a small saucepan and cover 1 cup quinoa with 1 3/4 cups of water, and season with 1/2 teaspoon of salt. Cover and bring to boil. Once quinoa reaches boil, reduce heat to light simmer. Simmer covered for 18 minutes. When cook time complete, place on cool burner, keeping lid closed.
3. Add 1 tablespoon oil to a large skillet over medium-high heat. When the skillet is hot, add the diced onion and cook for about 2 minutes until it starts to soften. Add the ground turkey and minced garlic and cook until the meat is almost cooked through, breaking into crumbles with a spoon as it cooks.
4. Add the chili powder, cumin, paprika, salt and pepper and cook for an additional 1 minute. Add crushed tomatoes and simmer for 5 minutes. Stir in the cooked quinoa and turn off heat.
5. Fill the peppers with the mixture. Cover lightly with aluminum foil and bake for 30 minutes. Remove the foil and sprinkle cheese over the top. Return to the oven and bake for an additional 5 minutes. Serve immediately.