



Not-So-Traditional Stuffed Peppers Recipes

Looking for new take on a classic comfort dish recipe? Look no further! This recipe takes your traditional stuffed peppers and fuses them with your favourite Mexican flavours for a fun and exciting twist. One of my favourite modifications for this recipe is to use half ground turkey and half canned black beans for an extra plant-based protein punch to help you stay full and satisfied for longer!



Recipe makes x 2 servings (1 bell pepper per person)

Prep time: 15 minutes

Cook time: 20 minutes

INGREDIENTS

2 bell peppers, core and seeds removed

1 lb ground turkey (can substitute with 1 can of no salt added black beans, or half turkey/half black beans)

½ yellow onion, chopped

Taco seasoning, salt and pepper, to taste

2 tbsp salsa

Olive oil

½ cup shredded cheese

Optional toppings: salsa, sour cream, avocado, hot sauce

INSTRUCTIONS

1. Preheat oven to 375 degrees Fahrenheit. In an oven-safe baking dish, align your bell pepper halves. Drizzle with olive oil and season with salt and pepper. Bake until slightly soft but still maintains shape, about 5-10 minutes.
2. Sauté ground turkey until fully cooked and slightly brown. Add chopped onion and sauté until soft and translucent. Season with salt, pepper, and taco seasoning. Add salsa and cook until warmed through.
3. Spoon filling into bell pepper halves until evenly distributed. Top with shredded cheese. Bake until cheese is melted and slightly browned. Serve with rice and your favourite toppings!

Tip: This filling is very versatile and can be great additions to salads, wraps or bowls!

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