



BBQ Turkey Stuffed Peppers

- $\frac{3}{4}$ pound lean ground turkey
- 1 large onion, chopped
- 1 (14½-ounce) can diced tomatoes
- 1 can black beans, drained and rinsed
- $\frac{1}{2}$ cup prepared barbecue sauce
- 1 teaspoon garlic powder
- 3 bell peppers (any color), cut in half lengthwise and seeds removed

Flip for step-by-step instructions



Instructions

1. Cook ground turkey in a pan over medium heat then drain grease
2. Add onion and cook until tender, about 5 minutes.
3. Add remaining ingredients except for bell peppers and simmer for 10 minutes on medium heat.
4. Place pepper halves in a microwave safe dish with a small amount of water. Cover and microwave bell peppers on high until crisp-tender, about 5 minutes.
5. Remove peppers from dish and place on a large plate. Spoon turkey mixture into bell pepper shells and serve.

Source: Soulful Recipes