



Southwest Stuffed Bell Peppers

- **Servings:** 4-6
- **Prep Time:** 20 minutes
- **Cook Time:** 40 minutes
- **Difficulty:** Easy

BY ERICA GAMBOA



Southwest Stuffed Bell Peppers photo Erica Gamboa

The bell pepper is the star!

Ingredients

- 8 bell peppers (red or any other color; the choice is yours; just remember that red is sweeter)
- 2 lbs. ground turkey
- 1 tbsp. Extra Virgin Olive Oil
- 1 large Spanish onion
- 3 large garlic cloves, peeled
- 2 cups of quick-cooking 10-minute rice (I prefer brown in this recipe but you can use any rice you like.)
- 1-15 oz. can of Black beans drained and rinsed.
- 2 cups of cubed cheese (I use Mexican queso Menonita. Colby, Pepper Jack, or Cheddar cheese would work great also.)
- 1-15 oz. can of tomato sauce
- 1 cup of shredded cheese for topping
- 2 tbsp. Mrs. Dash Southwest (salt-free) seasoning (taco seasoning packet can also work if you don't mind the added sodium.
- Salt & Pepper to taste

Directions

1. Preheat oven to 375 degrees.
2. Each pepper should be washed, the top removed (but not discarded), and the seeds removed until the pepper is completely hollow and clean. They should be put in a casserole or baking pan. Set the dish aside.
3. Remove the stem from the peppers' tops, then dice the pepper tops, onions, and garlic (nothing gets wasted) and set aside.
4. While you're chopping, brown the turkey in 2 tbsp. Extra Virgin Olive Oil over medium-high heat.
5. Meanwhile, cook instant brown rice according to the box directions. It usually only takes about 10 minutes. Set aside to cool slightly.
6. Combine diced veggies with turkey and season with 2 tbsp. Ms. Dash Southwest (salt-free) seasoning. Add Salt & Pepper to taste (using a salt-free Southwest seasoning gives me control of the amount of sodium in the recipe).
7. Continue to cook until the turkey is thoroughly cooked, the temp. must reach at least 165.
8. In the meantime, cube 2 cups of cheese and set aside. By this point, all of your ingredients are ready to assemble.
9. In a large bowl, combine turkey, rice, black beans, and cubed cheese. Taste for seasoning and adjust if needed.
10. Fill each bell pepper to the top but don't overfill them and place them back in the casserole dish or baking pan.
11. Pour the can of tomato sauce around the bell peppers. This liquid will create a steam bath for the peppers to get soft and tender.
12. Bake covered for 20 minutes at 375 degrees.
13. After 20 minutes, uncover and top with shredded cheese and bake uncovered for an additional 20 minutes.

NOTE: This recipe has all the ingredients of a delicious meal in itself. Accompanied by a cucumber salad or fresh greens would put the finishing touch on your dinner table.

Happy Eating!

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