

TIM FARMER'S COUNTRY KITCHEN

STUFFED PEPPER

Ground Turkey

Olive oil

Chili seasoning

Bell peppers

Heat oven to 375 degrees. Cut off tops of peppers and remove seeds. Brush olive oil on inside and outside of pepper. Sprinkle inside and outside with chili seasoning. Place in deep baking dish, and cook for 20 minutes.

3/4 onion, chopped

1 pound ground turkey

3-5 tablespoons chili seasoning

8-10 ounces corn

8-10 ounces black beans

1 cup cooked rice

14 ounces tomatoes

2 tbsp salsa

Cilantro

Salt

Pepper

1 cup sour cream

Shredded cheese

Cook onions in oil until soft. Stir in ground turkey (or beef) and crumble as it cooks. Once brown, season with chili seasoning and add in corn, beans, rice and tomatoes. Stir until combined. Add in salsa, cilantro and seasoning (adding more as needed). Mix in sour cream and scoop into peppers. Top with shredded cheese and place in oven until cheese is melted.

