

TURKEY, VEGETABLE & QUINOA STUFFED PEPPERS

INGREDIENTS

- 2 C Vegetable Broth **OR** Water
- 1 C Quinoa
- Pinch Salt
- 1 C Tomato Sauce **OR** Marinara sauce **OR** bbq sauce **OR** sweet n' sour sauce

- 2 T Coconut oil **OR** another healthy oil
- 1 Onion (yellow) (use 1/2) (peeled) (chopped)
- 4 cloves Garlic (minced)
- 1 lb Turkey (ground) **OR** Chicken (ground)
- 1/4 C Basil leaves (fresh) (chopped)
- 1 1/2 C Spinach (fresh) (chopped)
- Salt & pepper (to taste)
- 8 Peppers (bell) (medium) (tops removed) (seeded)
- Non-stick cooking spray



DIRECTIONS

- 1 Place vegetable broth & pinch of salt in a 5 qt. covered pot on medium high temperature
- 2 When broth boils, add quinoa mixing thoroughly & then cover & cook for 20 minutes
- 3 If quinoa not done, remove cover & cook for another 5 minutes or until there is no liquid
- 4 Mix the tomatoes sauce into the quinoa
- 5 Preheat your oven to 350°F
- 6 In a large sauté pan, warm the oil over moderate heat
- 7 Add the onion & garlic & cook until onions are soft (3 minutes)
- 8 Add the turkey & cook, stirring often, for 10 minutes **OR** until the turkey is cooked
- 9 Add in the spinach, basil, salt & pepper & cook (2 minutes) mixing continuously
- 10 Add the sauteed food into the quinoa mix & stir to combine all the ingredients
- 11 Spray a non-stick cooking spray on a pyrex dish that will fit 8 peppers standing up vs each other
- 12 Bake open on the middle shelf of your oven for 20 minutes

NOTES

- 1 Serves 8
- 2 This recipe works also works with Couscous instead of Quinoa

