



Crock-Pot Stuffed Peppers

Ingredients:

- 1 lb. Ground turkey (lean)
- 1 (15-oz.) can black beans, drained and rinsed
- 1 (15-oz.) can diced fire-roasted tomatoes, drained
- 2 c. shredded reduced-fat monterey jack cheese, divided
- 1 c. cooked brown rice
- 1 c. frozen corn, defrosted
- 1 tsp. cumin
- 1 tsp. chili powder
- 1/2 tsp. garlic powder
- 1/2 tsp. oregano
- kosher salt
- Freshly ground black pepper
- 6 bell peppers, tops and seeds removed
- 1 tbsp. Chopped cilantro, for garnish
- Plain Greek yogurt, for serving (optional)

Nutritional Information:

- **Servings: 6**
- Calories: 384 kcal
- Fat: 15 g
- Saturated Fat: 6 g
- Cholesterol: 73 mg
- Sodium: 666 mg
- Potassium: 647 mg
- Carbohydrates: 35 g
- Fiber: 8 g
- Sugar: 6 g
- Protein: 33 g

Instructions:

1. In a large bowl, combine turkey with beans, tomatoes, 1 cup cheese, rice, corn, cumin, chili powder, garlic powder and oregano. Stir until all ingredients are fully incorporated. Season with salt and pepper.
2. Stuff peppers with turkey mixture and place them in Crock-Pot, open side up. Cover and cook on high for 3 hours.
3. When peppers are tender and the turkey mixture is fully cooked, top peppers with remaining cheese and cover. Cook on low for 5-10 minutes more, or until cheese melts.
4. Garnish with cilantro and Greek yogurt and serve.

This delicious recipe adapted from:

<https://www.delish.com/cooking/recipe-ideas/recipes/a57275/crock-pot-stuffed-peppers-recipe/>