



RECIPE | PEPPERS

JACK-O'-LANTERN STUFFED PEPPERS



30 min

10 min
PREP.

20 min
COOKING



4



easy

INGREDIENTS

6 ct Pure Flavor® Sweet Bell Peppers
1 dry pint Pure Flavor® Cloud9® Bite-Sized Fruity Tomatoes, quartered
1 red onion, diced
1 lb ground turkey
1 cup brown rice, cooked
½ cup tomato paste
½ cup cheddar cheese, shredded

1 tbsp olive oil
1 tbsp oregano
1 tbsp smoked paprika
1 tsp cumin
½ tsp garlic powder
Salt and pepper, to taste



DIRECTIONS

- 1 Preheat the oven to 375°F. Heat olive oil in a large pan over medium-high heat. Add turkey, garlic powder, oregano, cumin, smoked paprika, salt & pepper to taste, and cook until brown.
- 2 Add the rice & red onion to the pan and mix thoroughly. Turn off the heat and mix in the cheese and tomatoes until combined.
- 3 Slice the tops of peppers off, remove seeds, and carve each pepper to the desired face.
- 4 Add the turkey mixture to each pepper, place in an oven-safe pan and bake for 10 minutes.