

RECIPE | PEPPERS



# SPOOKY STUFFED PEPPERS

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# SPOOKY STUFFED PEPPERS



60 min

15 min  
PREP.

45 min  
COOKING



4



easy

## INGREDIENTS

- 4 Pure Flavor® Orange Sweet Bell Peppers
- 1 dry pint Pure Flavor® Sangria® Medley Tomatoes, halved
- 2 garlic cloves, minced
- ½ onion, diced
- 1 tbsp olive oil
- 1 lb ground turkey
- ⅓ cup zucchini noodles
- ¼ cup broccoli, chopped

- ½ tsp garlic powder
- ½ tsp oregano
- ½ tsp basil
- 2 cups tomato sauce
- 4 tbsp parmesan cheese

## DIRECTIONS

- 1 Preheat oven to 425°F. Cut the top off the peppers and save them for decoration. Remove the seeds and ribbing inside.
- 2 Sauté garlic and onion in oil over medium-high heat. Add turkey and veggies, then stir in sauce and herbs and cook for 5 - 7 minutes.
- 3 Carve jack-o-lantern faces into the peppers, then fill them with the ground turkey mixture. Sprinkle 1 tbsp of parmesan cheese on each pepper and top with its lid. Bake for 35 minutes, or until peppers are tender.
- 4 Remove from the oven and let cool 5 to 10 minutes before serving.