

Turkey-stuffed Peppers

Ingredients:

Group 1:

- 1 lb ground turkey
- 1 medium onion, chopped
- 2 cloves garlic, minced

Group 2:

- 2 Tbsp butter
- 2 Tbsp flour
- ½ tsp salt
- ¼ tsp pepper
- 1 c milk

Group 3:

- 1 tomato, chopped
- ¼ c shredded Parmesan

Group 4:

- 4 bell peppers, tops & seeds removed

Directions:

1. Cook Group 1 in a pan over medium heat until the turkey is browned.
2. Add Group 2 to the pan, stir, and bring to a low boil
3. Add Group 3 to the pan & heat through
4. Spoon the meat mixture into the peppers (Group 4)
5. Place peppers in an oven-safe pan & bake at 350 degrees F for 20-25 min

Serves 2-3 people.