



Stuffed bell peppers with Thai Curry Turkey



A recipe for Heart, Health, and Hope



4 servings



40-50mins

INGREDIENTS

- 1 Large Bell Pepper (yellow or orange), halved
 - 1 cup Cooked Basmati Rice
 - 1/2 cup Thai Red Curry Paste
 - 1/2 cup Diced Tomatoes, drained
 - 1/2 cup Light Coconut Milk
- 1/2 cup Fresh Spinach or Kale, chopped mushrooms (optional)
- 1/4 cup Fresh Cilantro and Basil (chopped, for garnish)
 - Lean Ground Turkey (amount to your preference, usually 1 lb for 2-4 peppers)
- Olive Oil (for browning turkey and peppers, to taste)
 - Salt and pepper to taste
- Tony's creole seasoning(no salt) to taste
- Mozzarella cheese (optional)



DIRECTIONS

- 1. Prepare the Peppers:** Preheat oven to 375°F (190°C). Lightly brush the inside and outside of the bell pepper halves with olive oil and season with a pinch of salt and pepper. Place them cut-side up in a baking dish. You can par-bake them for 10-15 minutes now to soften them slightly, or add the filling directly if you prefer a firmer pepper.
- 2. Sauté Aromatics:** In a large skillet or Dutch oven, heat 1 tbsp olive oil over medium heat. Add diced onion and cook until softened, about 5-7 minutes. Add minced garlic and grated ginger and cook for another minute until fragrant.
- 3. Brown the Turkey:** Add the lean ground turkey to the skillet. Season meat. Break it up with a spoon and cook until browned, about 8-10 minutes. Drain any excess fat.
- 4. Add Vegetables:** Stir in the finely diced red bell pepper and chopped mushrooms. Cook for 5-7 minutes until softened. Stir in the chopped spinach or kale and cook until wilted.
- 5. Build the Curry Flavor:** Stir in the red Thai curry paste and cook for 1 minute, allowing the flavors to bloom.
- 6. Simmer the Sauce:** Pour in the light coconut milk, low-sodium soy sauce/tamari, lime juice, and maple syrup (if using). Bring to a gentle simmer, then reduce heat and cook for 5-7 minutes, allowing the sauce to thicken slightly.
- 7. Stuff the Peppers:** Carefully spoon the turkey curry mixture into the bell pepper halves in the baking dish. Top with mozzarella cheese (optional)
- 8. Bake:** Cover the baking dish loosely with foil and bake for 25-30 minutes, or until the peppers are tender and the filling is heated through. For a slightly browned top, you can remove the foil for the last 5-10 minutes.
- 9. Serve:** Garnish with fresh chopped basil or cilantro. Serve hot with cooked brown rice on the side.