

Ava's Stuffed Peppers

There are plenty of ways to make stuffed peppers, depending on what you're looking for. A classic version is made with beef and rice, covered with tomato sauce and cheese, and yields a hefty dish with soft peppers. There's nothing wrong with this, but I wanted to make something a little lighter, with the pepper having a bit of a bite. I used ground turkey, skipped the rice to make these grain free, and skipped the cheese to keep them a bit lighter. A dab of sour cream before serving cuts the heat a bit, while still keeping it from being super heavy. It's a much quicker version, so dinner's on the table faster. You still get a filling meal and if you serve it with a green salad, it rounds it out perfectly.

For the seasoning, I used Ava's Favorite Burger seasoning. This blend is bold and zesty, which means you don't need a lot of other additions to be tasty. I love seasoning blends for exactly this reason — no measuring a bunch of spices, and no guessing games. This is a necessity on busy nights when you don't want a lot of cleanup.

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Serves 6

Ingredients:

2 tablespoons Ava Jane's Kitchen Avocado Oil
1 1/2 pounds ground turkey
1 onion, diced
2 cloves garlic
1 tablespoon Ava Jane's Kitchen Ava's Favorite Burger seasoning blend
Juice of 1 lime
3 bell peppers, any color, halved and cored
Sour cream and chopped green onions, for garnish

Directions:

Preheat oven to 400 degrees F.

Heat the oil in a skillet over medium heat. Add the turkey, onion, garlic, and seasoning. Cook until turkey is no longer pink. Add the lime juice.

Put the peppers in a baking dish, and fill with the meat. Add a little bit of water to the pan. Cover and bake for 20 minutes, until peppers are lightly softened.

Serve topped with sour cream and green onions if desired.