

Slow Cooker Stuffed Peppers

15 ingredients · 4 hours · 4 servings



Directions

1. Slice the tops off the peppers and carve out the seeds. Set aside.
2. In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
3. Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
4. Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
5. Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

Notes

Vegans and Vegetarians

Use cooked lentils or beans instead of ground meat.

No Ground Turkey

Use ground chicken or beef instead.

No Slow Cooker

Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

No Cauliflower

Serve over rice, quinoa, greens or sweet potato mash.

Ingredients

- 4 Green Bell Pepper (large)
- 1 lb Extra Lean Ground Turkey
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tbsp Chili Powder
- 1/2 tsp Cumin
- 1/2 tsp Dried Basil
- 1 Egg
- 2 Garlic (cloves, minced)
- 1/2 Yellow Onion (diced)
- 1 cup Baby Spinach (chopped)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Coconut Flour
- 2 cups Salsa
- 1 head Cauliflower (large)