

# BBQ Turkey in Pepper Shells

Budget-friendly recipe

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Serves: 6

Ready in: 35 mins.

*These peppers will fire up your taste buds.*



## Ingredients

- ¾ pound Lean ground turkey
- 1 Large onion *peeled and chopped*
- 1 Medium green bell pepper *seeded and chopped*
- 1 (14½-ounce) can diced tomatoes *no salt added*
- 1½ cups Low sodium canned black beans *drained and rinsed*
- ½ cup Barbecue sauce *prepared*
- 1 teaspoon Garlic powder
- 1 teaspoon Liquid smoke
- 3 Bell peppers (*any color*)

## What You'll Need

- Cutting board
- Sharp knife
- Can opener
- Measuring spoon
- Measuring cup
- Medium skillet
- Spatula or spoon
- Large microwave safe dish with lid
- Large plate

## Directions

1. Brown ground turkey in a medium skillet over medium-high heat until no longer pink; drain excess fat.
2. Add onion and cook until tender, about 5 minutes.
3. Add all remaining ingredients except the whole bell peppers; simmer for 10 minutes over medium heat.
4. Meanwhile, cut the whole bell peppers in half lengthwise and remove the seeds. Place in a microwave safe dish with a small amount of water.
5. Cover and microwave bell peppers on high until crisp-tender, about 5 minutes.
6. Remove peppers from dish and place on a large plate. Spoon turkey mixture into bell pepper shells and serve.

## Chef Tips

Cut this recipe in half to save money.

For more tips to save money while shopping, [click here\(http://eatfresh.org/healthy-lifestyle/shopping-budgeting\)](http://eatfresh.org/healthy-lifestyle/shopping-budgeting).

### Nutrition Info and more

Serving size: ½ piece

Total calories: 209 Total fat: 4 g Saturated fat: 1 g Carbohydrates: 28 g Protein: 17 g Fiber: 7 g  
Sodium: 404 mg