



G=Gluten Free, V=Vegetarian, L=Lactose Free

Entrees

Stuffed Pepper Soup

• (3) lbs Ground Turkey

• (1) each Sweet Onion, Diced

• (1) each Bell Pepper, Diced

• (1) Tbsp Minced Garlic

• (6) each Bell Peppers, Sliced

• (1) each Sweet Onion, Sliced

• (4) quarts Vegetable Culinary Stock

• (1) can Tomato Sauce (large can)

• (1) can Diced Tomatoes (large can)

• As Needed Rice

In large skillet brown ground turkey, along with diced onion, pepper and garlic. Add salt and pepper as desired. In crock pot, combine browned ground turkey, sliced bell peppers, sliced sweet onion, vegetable stock and additional seasoning as desired. Cook in slow cooker for 3-4 hours or until peppers are tender. Serve over rice.

G/V/L (* Eliminate ground turkey for Vegetarian version)