



HOME CHEF

# Enchilada Turkey-Stuffed Pepper Trio

With Melted Cheese and Cilantro



Love Mexican food, but keeping it low-carb? Look no further than this trio of enchilada-seasoned, vegetable-studded, lean ground turkey-stuffed bell peppers. Corn kernels provide a sweet crispy pop, jalapeño brings the heat, and a cap of melted cheese unite for an indulgent yet healthy meal that's a feast for the eyes and the stomach.

## OVERVIEW



TIME TO PREPARE



EASY RECIPE



MEDIUM SPICE



DAYS BEST COOKED BY

## NUTRITION

Calories: 612  
Carbohydrates: 25g  
Fat: 35g  
Protein: 51g  
Sodium: 844mg  
*per serving*

## DIETARY



LOW CALORIE



LOW CARB



GLUTEN-FREE



NUT-FREE



SOY-FREE

## DRINK PAIRING

Lemonade  
Sol  
Tempranillo

## INGREDIENTS

3 Bell Pepper Trio, 3 color mix  
2 Green Onions  
1 Jalapeño Pepper  
4 Cilantro Sprigs  
10 oz. Ground Turkey  
2 oz. Corn Kernels, Frozen  
2 Tbsp. Enchilada Seasoning Blend  
8 oz. Enchilada Sauce  
2 oz. Cheddar-Jack Cheese, Shredded

## WHAT YOU NEED

Olive Oil

## EQUIPMENT

Medium Pan  
Baking Sheet  
Wire-Mesh Strainer

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### Prepare the Ingredients

Preheat the oven to 400 degrees. Thoroughly rinse produce and pat dry. Cut **bell peppers** in half lengthwise. Trim and thinly slice **green onions**. Stem, seed, and mince **jalapeño**. Stem and roughly chop **cilantro**.



### Clean the Peppers

Use a spoon to carefully scrape out all of the seeds and as much of the spiny white ribs as possible.



### Brown the Turkey

Heat a medium pan over medium heat. When pan is hot, add 1 tsp. olive oil and **ground turkey**. Cook for 8-10 minutes, stirring occasionally, or until no pink remains. Strain fat from cooked turkey with a wire mesh strainer and return turkey to pan.



### Cook the Vegetables

Return **ground turkey** to medium heat. Add **jalapeño**, **corn**, half the **green onion**, **enchilada seasoning**, half the **enchilada sauce** and half the **cilantro** (reserving the rest for garnish). Cook for 3-4 minutes, stirring occasionally, or until vegetables are slightly browned. Season with a pinch of **salt** and **pepper**.



### Stuff and Cook the Peppers

Line the bottom of a baking dish with remaining **enchilada sauce**. Place **peppers** into dish. Fill peppers to the top with ground turkey stuffing. Press down to fully pack peppers. Bake for 15 minutes or until peppers begin to soften. Top peppers with **cheese** and return to oven for another 3-4 minutes or until cheese is melted and beginning to brown.



### Plate the Dish

Spoon some **enchilada sauce** from baking dish on to a plate. Place **3 stuffed pepper halves** on top of enchilada sauce. Garnish with remaining **cilantro** and **green onion**.