



# BBQ Turkey Stuffed Shells

Servings 6 | Prep time N/A | Total time 30 mins.

**Equipment:** Medium frying pan, Microwave-safe dish, Large plate

**Utensils:** Serving spoon, Measuring cups and spoons

## Ingredients

- 1 pound (85% or leaner) ground turkey OR 1 pound ground chicken
- 1 large onion, peeled and chopped
- 1 cup no salt added canned corn, drained and rinsed OR 1 cup frozen corn
- 1 14.5 ounce can no salt added diced tomatoes
- 1 15.5 ounce can no salt added canned black beans, drained and rinsed
- 1/2 cup barbecue sauce
- 1 teaspoon garlic powder OR 1 garlic clove, minced
- 3 bell peppers (any color)
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and vegetables.
2. Brown ground turkey in a medium frying pan over medium-high heat until no longer pink. Drain off any extra fat.
3. Add onion and cook until softened, about 5 minutes.
4. Add corn, diced tomatoes, black beans, barbecue sauce, and garlic, simmer for 10 minutes over medium heat.
5. Meanwhile, cut the whole bell peppers in half and remove the seeds. Season pepper halves with salt and black pepper. Place in a microwave safe dish with a small amount of water cut side down.
6. Cover and microwave bell peppers on high until crisp-tender, for about 5 minutes.
7. Remove peppers from the dish and place on a large plate. Spoon barbecue mixture into bell pepper shells and serve.

## Nutritional Information:

Calories 320  
Total Fat 11g  
Sodium 350mg  
Total Carbs 36g  
Protein 20g