



**GREEN  
CHEF**

## SOUTHWEST TURKEY STUFFED PEPPERS

*cauliflower "rice," Monterey Jack cheese, spicy crema*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

620

### NET CARBS PER SERVING

12 GRAMS

### MENU

KETO // GLUTEN-FREE

The drizzle of spicy crema on tonight's stuffed peppers is smooth, rich, and bright, adding balance to this Southwestern-inspired dish—but let's not get ahead of ourselves. First, seared ground turkey and cauliflower "rice" (made red with tomato paste and fragrant spices) are heaped into roasted bell pepper halves. Blanketed in Monterey Jack cheese, the peppers return to the oven until steaming hot and perfectly gooey. Only then is it time for your homemade crema to take this meal to the flavorful finish line.

### INGREDIENTS (8 ITEMS)

1 unit **Red bell pepper**  
9 oz **Cauliflower "rice"**  
10 oz **Ground turkey\***  
1½ oz **Tomato paste**  
1½ tsp **Orange-chili spice blend**  
1 oz **Monterey Jack cheese** M  
2 oz **Sour cream** M  
1 tsp **Cholula sauce**

### WHAT YOU'LL NEED

medium & large sauté pans  
baking sheet  
small bowl  
measuring cup & spoons  
whisk  
oven mitt  
cooking oil  
salt & pepper

### ALLERGENS

M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

\*Ground turkey is fully cooked when it's no longer pink.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 ROAST BELL PEPPER

- Preheat oven to 425 degrees.
- Halve **red bell pepper\*** lengthwise. Discard seed pod and stem.
- Place **bell pepper halves**, cut sides down, on a lightly oiled, foil-lined baking sheet. Drizzle with about 1 tablespoon cooking oil. Lightly season with salt and pepper. Rub to coat. Roast 12-15 minutes, or until just tender.

*\*The ingredient you received may be a different color.*

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.



## 2 COOK CAULIFLOWER "RICE"

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **cauliflower "rice"** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until lightly browned, stirring occasionally.



## 3 MAKE FILLING

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **ground turkey** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4-5 minutes, or until fully cooked, breaking up **turkey** into pieces.
- Add **tomato paste**, **orange-chili spice blend\***, and about ⅓ cup water. Bring to a simmer and cook 2-3 minutes, or until sauce has thickened slightly.
- Transfer **cauliflower "rice"** to pan. Stir to combine. Season with salt and pepper to taste.

*\*If heat sensitive, use orange-chili spice blend sparingly.*



## 4 STUFF BELL PEPPER

- Flip **bell pepper halves**. (**Careful! Baking sheet is hot!**) Spoon about ¼ cup of the **turkey filling** into each half.\* Sprinkle with **Monterey Jack cheese**.
- Roast 4-6 minutes, or until cheese melts.

*\*If there's excess turkey filling after stuffing the bell pepper halves, reserve it in the pan for Step 6.*



## 5 MAKE CREMA

- Place **sour cream** and **Cholula sauce\*** in a small bowl. Season with about ¼ teaspoon salt. Whisk to combine. Add water 1 teaspoon at a time until mixture reaches a drizzling consistency.

*\*If heat sensitive, use Cholula sauce sparingly.*

## 6 PLATE YOUR DISH

- Divide any excess **turkey filling** between plates. Top with **Southwest turkey stuffed peppers**. Drizzle with **spicy crema**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (437g)

**Amount per serving**

**Calories** **620**

	% Daily Value*
<b>Total Fat</b> 47g	60%
Saturated Fat 12g	60%
Trans Fat 0g	
<b>Cholesterol</b> 95mg	32%
<b>Sodium</b> 1190mg	52%
<b>Total Carbohydrate</b> 17g	6%
Dietary Fiber 5g	18%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein</b> 39g	
Vitamin D 1mcg	6%
Calcium 174mg	15%
Iron 2mg	10%
Potassium 1147mg	25%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Ground Turkey** [turkey], **Bell Peppers**, **Tomato Paste** [tomato paste, citric acid], **Cholula Sauce** [water, peppers (arbol & piquin), salt, vinegar, garlic powder, spices, xanthan gum], **Orange-Chili Spice Blend** (Sweet Paprika, Onion Powder, Granulated Garlic, Dried Orange Peel, Ground Chipotle Pepper, Ancho Chili Powder, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices], Dried Oregano), **Monterey Jack Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Cauliflower**, **Sour Cream** [cultured cream]

### Allergen information:

Contains Milk

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*