

Turkey Stuffed Banana Peppers

Meat Filling

1 lb lean ground turkey
1 egg
½ cup chopped onion
2Tbsp fresh parsley, chopped
Salt
Pepper

Sauce

1 small yellow onion, chopped
2 cloves garlic, finely minced
1 Tbsp olive oil
28-oz can no salt added diced tomatoes
6-oz can no salt added tomato paste
1 tsp oregano
1 tsp thyme
1 tsp rosemary
2 Tablespoons fresh chopped basil
½ tsp crushed red pepper (optional)
¼ tsp sea salt
½ tsp fresh ground pepper

Peppers

6-8 large banana peppers, tops cut off and seeded
1 cup Monterrey jack cheese, shredded

To prepare sauce, Heat oil in medium sauce pan over medium-high. Add onion and garlic. Sauté until onion is soft and garlic golden brown; about 7-8 minutes. Add diced tomatoes and tomato paste. Stir. Add remaining ingredients. Reduce heat to low. Cook for 30 minutes or longer.

Meanwhile, to prepare filling, combine all ingredients in medium bowl. Mix gently to thoroughly blend all ingredients. Using a large freezer bag, cut off the tip of one corner. Place half of meat mixture into baggie. Squeeze meat into each banana pepper to fill. Continue with remaining peppers refilling bag as needed. Form medium size meatballs with remaining meat, if any. Place peppers into a 9 x 13 baking dish. Top with sauce and cheese. Place in oven on 400°F for about 10 minutes or until tender and cheese is melted.

Serves 4 (one serving=2 peppers)